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This handbook contains articles on lacrosse as well as the official United States Women's Lacrosse Association rules for the games. (JD)

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ED177137

National Association for Girls & Women in Sport

SP

LACROSSE

JANUARY 1979 – JANUARY 1981

With Official Rules

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NAGWS guide

LACROSSE

JANUARY 1979 – JANUARY 1981

WITH OFFICIAL RULES

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Greenwich County Day School, CT

NATIONAL ASSOCIATION FOR GIRLS
& WOMEN IN SPORT
American Alliance for Health,
Physical Education, and Recreation

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American Alliance for Health, Physical Education, and Recreation

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INTRODUCTION

The growth of women's lacrosse is fast and exciting. In addition to the East Coast stronghold, lacrosse is now being played in the South and Midwest and in Texas and California.

Many changes and developments have occurred. These have necessitated a review and revision of the rules to keep pace with the game. The USWLA Rules Committee invites your comments. (See the questionnaire on pages 109-111.)

The increase in international play has fostered the development of an international umpire rating. The first international rating was awarded at the 1978 national tournament.

In 1975 the U.S. defeated Great Britain, England, Scotland and Wales in Great Britain. In the spring of 1979, the U.S. team will travel to Great Britain to defend its world champion title in a series of three test matches against Great Britain. In turn, England will tour the U.S. in the spring of 1980.

Pennsylvania State University won the first USWLA Collegiate Championship in 1978. In 1979 there will be two championships, Division I and Division II.

The USWLA at all levels is working hard to continue this surge in the spread of lacrosse through coaching, development and umpiring.

ANGELA E. TAMMARO
NAGWS-USWLA Lacrosse Guide Chairperson

NATIONAL ASSOCIATION FOR GIRLS AND WOMEN IN SPORT

The National Association for Girls and Women in Sport is a nonprofit, educational organization designed to serve the needs of participants, teachers, coaches, leaders and administrators in sports programs for girls and women. It is one of seven associations of the American Alliance for Health, Physical Education, and Recreation.

Purpose

The purpose of the National Association for Girls and Women in Sport is to foster the development of sports programs for the enrichment of the life of the participant.

Beliefs

The National Association for Girls and Women in Sport believes that:

Sports are an integral part of the culture in which we live.

Sports programs are a part of the total educational experience of the participant when conducted in educational institutions.

Opportunities for instruction and participation in sports appropriate to her skill level should be included in the experience of every girl.

Sports skills and sports participation are valuable social and recreational tools which may be used to enrich the lives of women in our society.

Competition and cooperation may be demonstrated in all sports programs, although the type and intensity of the competition and cooperation will vary with the degree or level of skill of the participants.

An understanding of the relationship between competition and cooperation and the utilization of both within the accepted framework of our society is one of the desirable outcomes of sports participation.

Physical activity is important in the maintenance of the general health of the participant.

Participation in sports contributes to the development of self-confidence and to the establishment of desirable interpersonal relationships.

Functions

The National Association for Girls and Women in Sport promotes desirable sports programs through:

1. Formulating and publicizing guiding principles and standards for the administrator, leader, official, and player.
2. Publishing and interpreting rules governing sports for girls and women.
3. Providing the means for training, evaluating, and rating officials.
4. Disseminating information on the conduct of girls and women's sports.
5. Stimulating, evaluating, and disseminating research in the field of girls and women's sports.
6. Cooperating with allied groups interested in girls and women's sports in order to formulate policies and rules that affect the conduct of women's sports.
7. Providing opportunities for the development of leadership among girls and women for the conduct of their sports programs.

STANDARDS IN SPORTS FOR GIRLS AND WOMEN

Standards in sports activities for girls and women should be based upon the following:

1. Sports activities for girls and women should be taught, coached, and officiated by qualified women whenever and wherever possible.
2. Programs should provide every girl with a wide variety of activities.
3. The results of competition should be judged in terms of *benefits to the participants* rather than by the winning of championships or the athletic or commercial advantage to schools or organizations.

Health and Safety Standards for Players

Careful supervision of the health of all players must be provided by–

1. An examination by a qualified physician
2. Written permission by a qualified physician after serious illness or injury
3. Removal of players when they are injured or overfatigued or show signs of emotional instability
4. A healthful, safe, and sanitary environment for sports activity
5. Limitation of competition to a geographical area which will permit players to return at reasonable hours; provision of safe transportation.

General Policies

1. Select the members of all teams so that they play against those of approximately the same ability and maturity.
2. Arrange the schedule of games and practices so as not to place demands on the team or player which would jeopardize the educational objectives of the comprehensive sports program.
3. Discourage any girl from practicing with, or playing with, a team for more than one group while competing in that sport during the same sport season.
4. Promote social events in connection with all forms of competition.

SOURCES OF INFORMATION AND SERVICE

All requests for information about services should be addressed to: Executive Director, National Association for Girls and Women in Sport (NAGWS), AAHPER, 1201–16th Street, N.W., Washington, D.C. 20036.

NAGWS SPORTS GUIDES COMMITTEES INTEREST INDICATOR

The NAGWS Sport Guide Committee is endeavoring to broaden its base of personnel and to strengthen services to *Guide* readers. The purpose of this form is to offer readers an opportunity to join us in meeting this need. Please complete this form and send it to the Associate Guide Coordinator-elect, Sharon Van Oteghen, DHPER, Memphis State University, Memphis, TN 38152.

Name_____

Professional Address_____

City_____ State_____ ZIP Code_____

1. Check the Sport Committee(s) which would be of interest to you:

___Aquatics	___Fencing	___Soccer
___Archery	___Field Hockey	___Softball
___Badminton	___Flag Football	___Speedball
___Basketball	___Golf	___Squash
___Bowling	___Gymnastics	___Synchronized Swimming
___Competitive Swimming	___Lacrosse	___Team Handball
___Cross-country Track	___Orienteering	___Tennis
___Cross-country Skiing	___Racquetball	___Track and Field
___Diving	___Skiing	___Volleyball
		___Water Polo

2. Would you like to serve as member of a Sports Guide Committee of your interest? ___Yes ___No
3. Would you consider submitting an article to a Guide Committee as a prospective author? ___Yes ___No
   Possible topic or title_____
4. Can you suggest topics for articles which you would like to have included in future *Guides?* (Please indicate sport.)_____
   _____
5. Are there others whom you would recommend for consideration as possible committee members or authors? Please indicate below. (Use additional paper, if necessary.)

   Name_____ Sport(s)_____

   Professional Address_____

   City_____ State_____ Zip Code_____

   Sports Committee Member ☐ Prospective Author ☐ (Check one)

Sports Academies of the NATIONAL COACHES COUNCIL

National Association for Girls and Women in Sport: AAHPER
1201 16th St., N.W., Washington, D.C. 20036

NAME _____
last first initial

ADDRESS _____
street

_____
city state zip

FOR OFFICE USE:
DT: _____ AMT: _____
CK: _____

AAHPER MEMBERS: Membership number as it appears on your journal label: _____

Teaching/Coaching level (please check): _____ College _____ Jr. College _____ High School
Jr. High _____ Elementary _____ Other _____

Please check the academies you wish to join:* ☐ Badminton ☐ Basketball ☐ Field Hockey
☐ Gymnastics ☐ Soccer ☐ Softball ☐ Swimming/Diving ☐ Synchronized Swimming
☐ Tennis ☐ Track & Field ☐ Volleyball

I am willing to serve on an Academy committee: ☐

*AAHPER members: $5.00 for one Academy and $2.00 for each additional Academy. Non-AAHPER members: $15.00 for one Academy and $2.00 each additional Academy. ($10.00 non-membership fee may be applied at any time toward AAHPER membership.)

Please send AAHPER membership information: _____ yes _____ no

NATIONAL COACHES COUNCIL

The National Coaches Council was formed by the NAGWS to:

(1) provide a channel of direct communication among coaches at all educational levels
(2) assist in the formulation and dissemination of guiding principles, standards and policies for conducting competitive sports programs for girls and women
(3) keep members informed of current coaching techniques and trends
(4) sponsor clinics and conferences in sports and coaching skills
(5) provide input from coaches to USCSC sports committees and representative assembly
(6) promote cooperative efforts with other sports-centered organizations
(7) provide a united body for positive political action in the realm of girls and women's athletics.

Academies for 11 sports have been established. (Note the application blank for specific listings.) Membership in each Academy is open to any coach of girls or women's sports or any interested person. Annual dues for AAHPER members are $5.00 for one Academy. Non-AAHPER members pay $15.00 annually for membership in one sport Academy. Membership for each additional Academy is $2.00. The $10.00 non-membership fee may be applied at any time toward AAHPER membership.

Get involved . . . JOIN NOW.

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Guide Chairperson-elect

*Current *Guide* material was prepared by the 1976-78 Guide Committee. Material for the 1981-83 *Guide* will be prepared by the 1979-81 Committee.

UNITED STATES WOMEN'S LACROSSE ASSOCIATION

Executive Office: USWLA, P.O. Box 48, Blue Bell, PA 19422
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ANGELA TAMMARO, *first vice-president*, 40 Mayo Ave., Greenwich, CT 06830
SUE SCHOOLEY, *second vice-president*, 36 N. Cove Rd., Merchantsville, NJ 08109
PAM FROTHINGHAM, *secretary*, 33 E. Curlis Ave., Pennington, NJ 08534
LEE WALTER, *treasurer*, 339 Plain St., Millis, MA 02054

District Chairpersons:
Central: LOIS HELY, 4510 Osage Ave., Philadelphia, PA 19104
Midwest: MARGIE RONNING, 88 Ryder Ct., Apt. 3, Bellbrook, OH 45305
New England: LINDA WILKINS, Dodd House, College Place, Williamstown, MA 01267
Philadelphia: SUE KIDDER, English Village, 19A-5, North Wales, PA 19454
Philadelphia Colleges: ANN SAGE, RD 1, Harley Rd., Pottstown, PA 19464
Southern: MARY FRANCES HEISHMAN, Rte. 1, Box 1890, Port Republic, VA 24471

Association Chairpersons:
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Central Pennsylvania: BARB CARNHANAN, 52 Melvin Dr., Leola, PA 17540
Hampshire: KATHY WALLING, 181 Oak Ave., West Hartford, CT 06111
Long Island: MARTI SINNREICH, Lawrence Country Day School, Meadowview Ave., Hawlett, NY 11557
Maryland Colleges: MAGGIE FAULKNER, Towson Center, Towson University, Towson, MD 21204

Midwest: JACKIE SCHMIDT, 2908 W. Riverside Ave., Muncie, IN 47304
New England College: PAT SMITH, Camp Wawenock, South Casco, ME 04077
New Jersey: LAURA WHITE, 51-02 Hunter's Glen Dr., Plainsboro, NJ 08536
Philadelphia: LINDA LONSINGER, 1452 Huntington Pike, Huntington Valley, PA 19006
Philadelphia College: SHARON MITCHELL, Danser Hill Rd., RD 1, Easton, PA 18942
Rhode Island: SALLY WILSON, RR 1, Box 393 E. Shore Rd., Westerly, RI 02891
Virginia: MARY FRANCES HEISHMAN (*see above*)
Westchester: DENISE LAVIS, 60-05 44th Ave., Woodside, NY 11377
West Jersey: DIANE LORENZE, 16 Princeton Ave., Gloucester, NJ 08030

Active Membership

If you are interested in playing lacrosse, write to the nearest local association president or to the USWLA Executive Office for information.

Associate Membership

Associate members are those individuals who are not active players but who wish to retain their interest in the Association. Such members may affiliate either through a local association or directly with the USWLA. An associate member in good standing is eligible for office. An associate member receives a copy of USWLA publications and notification of USWLA events. When affiliating through a local association, the member also receives notification of local activities. If you are interested in becoming an associate member, write to the nearest local association president, or to the USWLA Executive Office.

Allied Membership

Schools and colleges have allied memberships in the USWLA are provided assistance with their lacrosse programs by local associations and the USWLA. Special events for allied members include play days, coaching and exhibition games. Technical material, film rental at reduced rates, and a copy of *Crosse Checks*, the publication of the USWLA, are available to allied members. For further information write to the nearest local association or to the USWLA Executive Office.

Note: All schools in a state where a local association exists should apply directly with that local association. If there is no local association, but an existing association, within an 80-mile radius, contact that association. All others contact the USWLA Executive Office for allied membership. (See pages 15-16 for local association addresses.)

Honorary Membership

Honorary membership is conferred upon outstanding individuals for exceptional and meritorious service to the USWLA. The following have been awarded this honor: Joyce Cran Barry (deceased), M.O. Newbold (deceased), Kathleen Lockley, Marjorie Buxton, Anne Dudley Smith, Helena Wheeler, Martha Butler Klug (deceased), Betty Richey, Anne Pugh LeBoutillier, Gretchen Schuyler, Suzanne Cross, Gertrude Hooper, Margaret Bold, Gloria Heath, Rosabelle Sinclair, Anne Lee Delano, Jane Vache, Betty Shellenberger, Ann Coakley, Jane Oswald, Mary Fetter Semanik, Mary Conklin, Caroline Haussermann and Jackie Pitts.

USWLA Membership Application

I am interested in becoming a member of the USWLA. Please send me information about:

INDIVIDUAL MEMBERSHIP	GROUP MEMBERSHIP
_____ club/association player	_____ college team
_____ umpire	_____ jr. college/community college
_____ coach	_____ college club
_____ sustaining or life member	_____ allied school/college

Crosse Checks, official publication of the USWLA

I would like to play lacrosse. Please send me the name and address of the president of the association nearest to me.

I am interested in officiating lacrosse. Please send me the name and address of the umpiring chairperson of the association nearest to me.

SEND INFORMATION TO:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Return to: USWLA Executive Office
P.O. Box 84
Blue Bell, PA 19422

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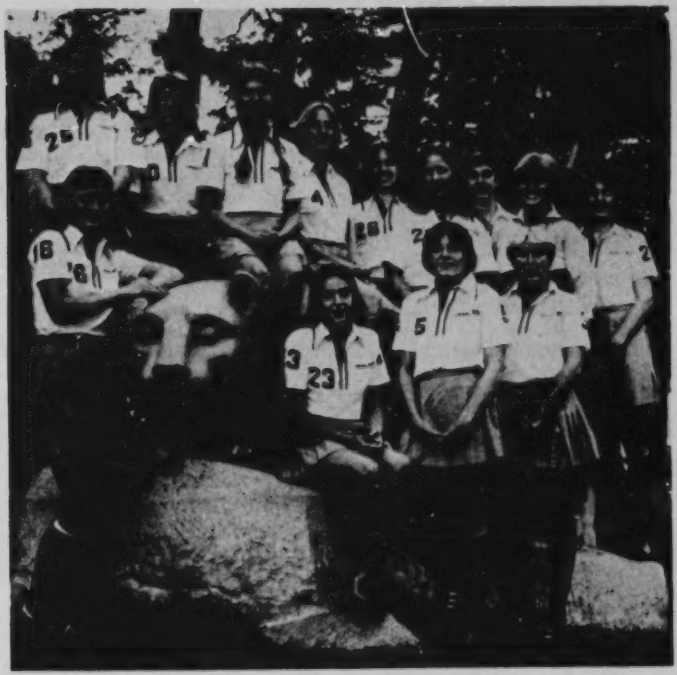
USWLA TEAMS – 1979

U.S. Team	Position	U.S. Reserve Team
Connie Lanzl (Phila.)	1H	Karla Andre (Phila.)
Sharon Duffy (So./Central Pa. – Pa. State U.)	2H	Barb Doran (So./Central Pa.)
Barbara Rensimer (Phila.)	3H	Pixie Hamilton (So./Va.– Col. of Wm. & Mary)
Charlene Morritt (So./Central Pa. – Pa. State. U.	LAW	Kim Tumilty (Phila. Col.– West Chester St. Col.)
Judy Turner (Phila.)	RAW	Janie Diamond (Phila.)
Mike Werley* (Phila.)	C	Sally Starr (Phila. Col. – Ursinus)
Janice Rensimer (Phila.)	LDW	Beth Beglin (Phila. Col. – West Chester St. Col.)
Betsy Meng (Phila. Col. – Ursinus	RDW	Bev Burnett (So./Baltimore)
Claudia Bloom (Phila.)	3M	Karen Pesto (So./Central Pa. – Pa. State U.)
Sue Kidder (Phila.)	CP	Beth Burr (Phila. Col.–Ursinus
Linda Waltz (So./Central Pa. – Pa. State U.)	P	Melissa Magee (Phila.)
Sandy Hoody (So./Baltimore)	GK	Donna Coulter (Phila.)

*Captain

1978 USWLA COLLEGIATE CHAMPION

Pennsylvania State University



Front: Chris Larson, Lynn Thompson, Karen Schnellenbach, Karen Pesto. **Back:** Sharon Duffey, Linda Waltz, Cindy O'Donnell, Charlene Morett, Jody Field, Sandy Ticknor, Karen Jones, Gillian Rattray (*coach*), Sue Wisniewski.

Lacrosse American Style

KATHY HEINZE

Kathy Heinze was manager/coach of the highly successful 1975 USWLA Touring team. She attended Brown University, Providence, Rhode Island, and Dartford College of Physical Education, where she obtained her teacher's certificate. She is president of the USWLA.

As the participants left the field following the 1975 USTT's very convincing victory over the Home Scots in Glasgow, a young Scots player said, "I had no idea lacrosse could be such a super game. This match has inspired me to put more into playing than I have done before." The score, 31-1; the result, a big win for lacrosse American style and the sometimes maligned "spirit of the game."

Spirit of the Game

Why is lacrosse so unique and special to those of us who know it either as player, teacher, coach, umpire or spectator? The game's true flavor is found in its mixture of the artistic and the physical, its directness and flexibility and in its changes of speed and momentum. There is a free, lively spirit which must be understood before the sport can be fully appreciated. There are certain intangibles but there are also identifiable factors and characteristics that help to clarify the intrinsic qualities of lacrosse.

Presently lacrosse American style, as played at the top level, is Number One. To retain this ranking, lacrosse played at all levels must be attuned to the "spirit" of the game. This is indeed a challenge for we are dealing with a game outside our average national sports experience: a game with few rules and different coaching emphasis, a game where set plays are generally impractical and where individuality, creativity and sensitivity are components of disciplined teamwork, a game requiring officials to make judgement calls and to appreciate the spirit of the game.

Lacrosse is easy to watch, even for first-time spectators. Its fast action requires players to have considerable skill, fitness and competitive drive. It is a high scoring game; the ball is always in view; the feats of the performers willingly applauded. The lack of delineated boundaries, offside rules, time-outs and mass substitution appears to be a plus for the spectator. Some grandstand enthusiasts may question the soundness of this free-flowing but extremely demanding structure. "How can the players keep going at that pace? Shouldn't the coach take a time-out? Don't they ever substitute?" The answer: these factors are all part of the game and its spirit.

Winning Is the Goal

The purpose of lacrosse is to get the ball in the goal with utmost efficiency and with greater frequency than the opponents. The requirement for success is that the individual and team abilities do what has to be done to WIN – even in practice sessions. At no time should participants or proponents of lacrosse forget this in their attempts to reiterate, develop and defend the spirit of lacrosse. The desire to win provides challenge; the will to win demands effort. Challenge and the effort needed to meet this challenge encourage the individual and team to achieve much more than exercise and fellowship. A winning attitude is essential to the spirit of the game.

Skill – The Vital Force

Winning, however, is not all. How you play the game is vital to the unique spirit of lacrosse. Yet to play "beautiful lacrosse" and lose is as empty an experience as to play badly and win. Thus our standards are set: to win, playing the best possible lacrosse we are capable of as individuals and as a team.

In this game whose fluidity – the combination of speed and flexibility – makes the planning of set plays, particularly in attack, impractical – skill is the vital force. It starts with the ability to master the ball, not the opponents. Players must strive to be at one with each other and the ball. ball control is essential, for the bulk of action is improvisation.

We have only scratched the surface in experiencing the skills and strategy which lacrosse has to offer. The individual skill level yet to be achieved is considerable. We are only beginning to develop any variety of strategy and approach. Individual skills are vital to team skills. Players must be provided with the opportunity to develop the widest possible vocabulary of skills and technique.

Importance of Body Movement

Generally, lacrosse movement is directly related to natural body movements. Footwork is obviously important as one moves up and down the field adjusting to the position of the ball, the opponents, and the available space. Footwork must be stressed in all phases of stickwork. Mobility of the upper body allows for a greater range of skill and proficiency. It is hoped that the stick will truly become an extension of the body and that the body and stick will be totally coordinated and provide harmonious, efficient movement.

In no way should the learning and practice of stickwork be humdrum and dull. Individual techniques provide stimulating and exciting experiences within the whole competitive team oriented experience. Conversations after a game might sound like this: "The zone really worked well; the interceptions were fantastic." "First home

played a great game behind the goal. She scored once and had three assists. Her passing was unbeatable." In both cases the tactics were sound and the strategy paid off but the essence of the play was skill. It is this skill which gives lacrosse its identify. Without it we are simply dealing with another team game.

Perfection in Lacrosse

So much of this skill in lacrosse is dynamic stuff. Perfection can be seen and felt: the interception and the attacking pass; the catch and the shot in one harmonious movement; the perfect assist pass; the saving of a direct shot and the subsequent clear, all in continuous movement; the stickcheck, catch and pass; a beautifully timed give and go; the direct, straight on dodge, the threading of the ball past a talented goalkeeper; the exacting fake, cut and reception. Such achievements are thrilling. *It is lacrosse!*

In lacrosse one is working with an element in which perfection is attainable. If one is striving for this perfection there cannot be any cheating or passing the buck: the weather, the umpiring, an individual's off day, the schedule, the spectators, their home field. Nevertheless, there are loopholes; players cheating themselves by not giving the needed effort to reach their potential; players cheating themselves and umpires, to say nothing of their opponents, by brazen attempts to dictate possession of ground balls and positional play at free positions; a coach cheating players by neglecting certain areas because of the pressure of results; coaches cheating lacrosse by not recognizing the importance of the essential ingredient – skill; umpires cheating players by not being in suitable shape to be correctly positioned. Obviously, there must be a balance between the teaching of skills and the development of strategy. Good tactics are essential to winning but recognition and development of the skills is the lifeblood of lacrosse.

In the United States, for a number of reasons – short season, great athletic ability, pressures of winning, rapid growth, limited experience, varying background and discipline of major national sports – lacrosse players, teachers, coaches and umpires are, in many instances, required to run before they can walk. The response and the results are amazing and enormous credit must be given. For many reasons, lacrosse American style has a superior background and development of varied and effective strategy. The desire to master the opponents is a powerful motivating force. Knowledge to do this effectively is growing with the forming of each new team. All these things should contribute to the game's development but I do not believe that the game should be changed. Women's lacrosse has all the qualities of a superior team sport. In our efforts to improve our teams we cannot lose sight of the intrinsic factor. Skill is the essence of the "spirit" and vital to the continuing superiority of lacrosse American style.

Lacrosse Drill Construction

NATHALIE J. SMITH

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The open environment of a lacrosse game constantly places new demands on each player. Since no two situations in a game are exactly alike, players are always finding themselves in new positions, moving at different speeds and constantly adjusting to new situations. And yet, one of the goals of every coach is to have players perform in those similar-but-different situations so automatically that they can focus their attention on executing the game plan rather than on performing a specific skill.

Probably you can recall instances of teams that seemingly catch everything in sight under pressure and pass at just the right moment – in short, make the big play. The "perfection" does not just happen. Coaches must carefully plan for it in each practice throughout the season. Learning is task specific and drills must be devised to specifically accomplish this goal. Players cannot be expected to transfer the learning from isolated drill practices to a game unless the practice and drill progression have been pre-planned with this transfer in mind.

Phase I

In learning to perform at a high level in an open environment, players move through three phases of skill development. In Phase I, or the "how to" stage, the skill is taken out of context and broken into smaller parts. The player learns such techniques as how to: (1) move to the proper position, (2) assume the correct body position in preparation for performing the skill, (3) execute the skill using the best method (which is easier if (1) and (2) have been done correctly), and (4) be ready for follow-up play.

For instance, in learning a two-handed pickup of a stationary ground ball, the player is taught to: (1) move behind and to the side of the ball; (2) turn the hips to the left and place the stick on the left side of the body directly behind the ball, bend the knees, etc. in preparation to execute the pick-up; (3) execute the pick-up by pushing the head of the stick down under the ball as the player

moves forward; and (4) bring the stick upright as soon as possible to be able to pass, dodge and execute other skills.

Phase II

Most coaches do very well in devising ways for players to learn each of the basic skills in isolation during Phase I. However, it is in Phase II that the player learns *when* to use the specific skill. This phase is often skipped over, with the player put directly into a game and expected to perform at a high level. Although a player knows how to perform the isolated pick-up skill from Phase II, she/he may be unable to do so at the right time, thus enabling the opponent to get the ball first. And, even if the player does manage to pick up the ball, the player may lose it on a check or "throw it away." The familiar cry of "she can do it in practice, but chokes in the game" should cause the coach to stop and see if he/she has indeed provided enough experiences for players.

In Phase II much time needs to be spent in practicing skill combination drills that are sequential to game play. The coach must examine each skill as played in the game, decide which ones precede and follow that specific skill, and then plan drills accordingly. For example, a player will catch the ball many times in a game but will do different things before and after catching it, depending on where the player is, if the player is marked, and how fast the play is moving. The chart below indicates a few of the actions a player will perform in combination with the catch.

Before	*Skill*	*After*
Cut	Catch	Pivot
Pass	Catch	Dodge
Double Cut	Catch	Shoot
		Pass

By listing all possibilities, combination drills can then be devised for each skill. In just this one example there are at least 12 combination drills. As players practice them, they will learn when to perform the skills and will develop a repertoire of movements to fit the various situations they will encounter in games.

Each player must practice alone all aspects of the drill and then in two-, three-, or more player combinations until the responses are learned well enough to be done without thinking about where and when to move. The opponents are introduced during this phase, first in a very controlled way and then by taking a more active part. The coach can make the drills successful by changing the pace of the ball depending on the skill level of the players so that the players can catch it. If the ball is missed, another one should be put into play

immediately. With enough practice, players will be able to use the situation as a cue to subsequent behavior. Within the situation or sequence of play they will have learned when to use each move or skill.

No attempt has been made here to present a great many ready-made drills because each coach should devise her/his own drills. In this way, the coach can assess the worth of drills other coaches have used rather than accept them outright.

Possible sequential combination drills as suggested from the chart above might be:

1a. Player X_1 cuts, catches the ball and pivots.

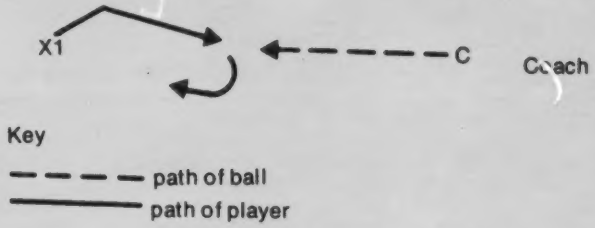

Figure 1.

1b. Defense player is added to 1a. X_1 cuts, receives the ball, then pivots right or left, depending on the placement of the defense. Player must catch under pressure and pivot away from defense or turn with stick protected.

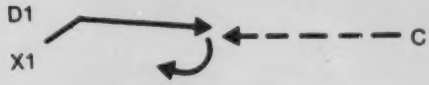

Figure 2.

1c. To continue the development of sequential play, after a pivot a player often has to dodge or pass.

Two-player combination drills:

2a. X_1 makes the same moves as in 1a. X_2 is learning to time the cut to receive the ball and pivot.

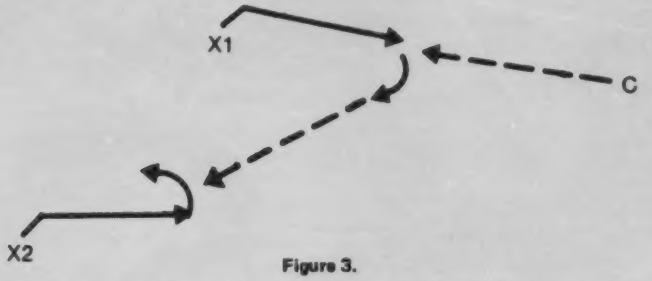

Figure 3.

2b. Defense can be added on X_1 and then on X_2 so that the attack will know how to react, what they must do to receive the ball, and what to do afterwards in this "new" situation. Players to not often see the part within the whole unless it is brought to their attention and practiced.

Offensive and defensive play can be emphasized. Assume X_1 is a defensive player who has cut to receive the clear from the goalie. X_1 must turn and dodge or pass to a teammate who has timed a helping cut. When opponents are added, they could be the attack players who must learn to make a quick transition from offensive to defensive play. Care must be taken to be sure each combination is learned well before this emphasis is shifted to the transition phase or neither attack nor defense will accomplish the desired objective.

Phase III

In Phase III players are taught to recognize the drill situations within the context of the total game. During a scrimmage, attention should be brought to the specific drill situations as they now occur in the play. On recognizing these familiar situations, the players should be able to perform the appropriate combinations they practiced in Phase II. For instance, if a player is marked and a teammate with the ball is moving toward her/him, the player will be able to get free to receive the ball, pivot away from the defense and dodge or pass. Time will not be lost thinking about where to cut or when. The behavior pattern will just automatically follow.

If the coach has planned practices carefully, players will know how, when, and in what situations the skills and combinations are performed. They will be able to quickly identify the relevant information from a developing game situation and draw an appropriate response from their practice experiences.

All Is Not Lost When Playing Against the Zone!

JOAN W. KEYSER

Joan Keyser received her B.S. degree from West Chester State College, West Chester, Pennsylvania. She currently is head of the physical education department and lacrosse coach at the Agnes Irwin School in Rosemont, Pennsylvania. She has taken her school team twice to England to play lacrosse. Joan is also head of the lacrosse department at Merestead Hockey and Lacrosse Camp in Vermont. She is a member of the USWLA National Umpiring Committee and the USWLA Coaching Committee.

The secret of attacking and beating a zone defense at the high school level goes back to the days when your players were first seriously practicing their catching and throwing. No pattern, play, system or what-have-you can hope to succeed unless the sheer mechanics of putting the ball *THERE . . . NOW . . .* are better than the team you are playing against. (Incidentally, I have always found the philosophy of playing better than your upcoming opponents to be far more motivating at the high school level than running "for endurance", sprinting "to beat your time" or practicing to be "better than perfection") Almost anything you and your team dream up can work if your players, having mastered the basics, can think on the field and are trained to look for and capitalize on the opponent's weaknesses. Part of lacrosse's tremendous appeal comes from the game's unique no substitution and no time-out rules which put responsibility for success more on the player and not on the coach. Half-time is often too late for players to come off asking, "What are we doing wrong" or "How can we get in to shoot?" They must at least have *started* to sort things out long before this!

There are several fundamental approaches to getting an *open shot against a zone*, all of which can be embellished or varied depending on your opponent's strength and weaknesses. Prior to developing these with your team, however, it is certainly worth posing a challenge to your attacks to see what they can devise on their own. A player-inspired idea that works invariably produces as good, if not better, results than a coach-dictated one (even if they are identical!).

Attack and Defense Tips

Here are some underlying principles that both your attacks and defenses should know:

- Ideally, quick movement of the ball downfield, once you have forced a turnover, should get you a shot before the zone has completely set up (fast break). Remember, an airborne ball moves more quickly than a carried ball; thus, hard, quick, accurate passes with little cradling in between.
- When a shot opening occurs it should be used! Too many times players become pass-oriented or so busy looking for the best shooter that they fail to take advantage of a zone's hesitation or slow reaction.
- Most successful shots against a zone seem to come from the sides. This angled shot to the opposite corner should be faithfully practiced. Of course as the zone widens to combat this, you immediately pop one right down the middle.
- The zone *must* be challenged once it is set up. There should be purposeful player movement and ball movement but no matter what, there must be movement!
- The key to purposeful player movement often lies in the attacking players' ability to replace each other and rotate back into the picture after a cut rather than dying around the outside.
- Penetrating a zone does *not* mean cradling into it! The strength of the zone lies in its ability to handle cradlers. Its weakness lies in the inability to move and adjust to passing, overloading and cutting.
- Do not pass into the middle of the zone. Even if the pass is completed, it is unfair to the receiver who will then be checked by two or three players. A free position is no compensation if a player is injured.

Scoring Tips

The following are some specific ideas that can lead to scoring opportunities:

Decoy

Send a cutter through the zone but do not pass to the cutter. Make pass to the second or third cutter coming behind the first cutter. See Figure 1.

Trailer

Challenge the zone, trying to make a space or draw a defender, then make a lateral or backward pass. See Figures 2 and 3.

This requires ball carriers with excellent dodging and cradling techniques who can time their moves so as not to lose the ball by being stick-checked. *Note:* The closer your top cradling hand is to the ball, the less likely you will lose it when dodging.

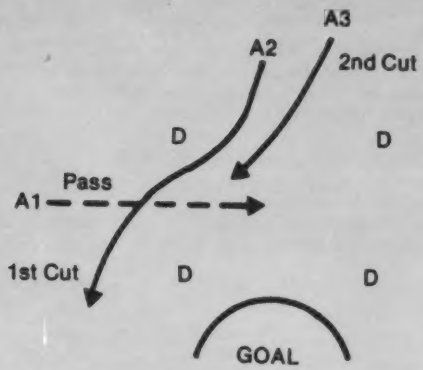

Figure 1.

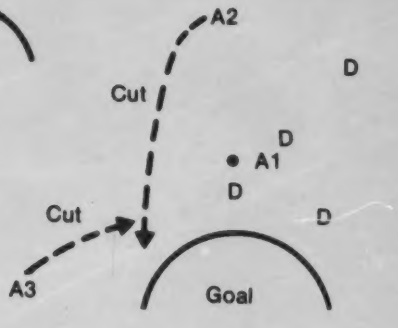

Figure 2.

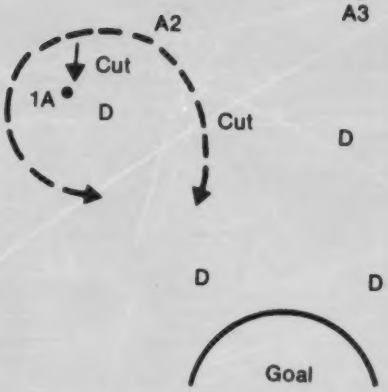

Figure 3.

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Player Behind Goal

Stationing and using an attack behind the goal can cause problems for a zone because in trying to see the ball, a player will lose sight of the cutters coming to goal. Even with limited space behind the goal this is still effective as the space behind and out to the side can be used. Some of the options are:

- Take the shot by cradling around either side of the goal circle for angled shot.
- Make a quick, hard pass to a cutter as soon as you see zone hesitate, open up, collapse or become overloaded. It becomes a real game of cat and mouse and the key coaching phrase is simply "be patient."
- Challenge the zone with a move from behind, then pass off.

Overloading works just as effectively in lacrosse as in basketball. Avoid having players spaced evenly around the outside of the zone, passing the ball around, as there seems to be too much opportunity for interceptions because of the distance involved and the zone has little difficulty following play while the attacks must work twice as hard.

Shooting Tips

The type of shot you use depends almost entirely on where the open space in the goal area is. If you feel you must always resort to underarm or bounce shots, you haven't really created a shooting space. The same principle should apply to these shots as to other shots, namely:

- Shoot *around* defenses, not through them.
- Aim for spaces, not at the goalkeeper.
- If you can make the goalkeeper *move* before you take a shot, you have a better chance of putting it in.
- A placed shot usually has a higher percentage of accuracy than a power shot.
- Always have another attack player ready to pounce on misses or any rebounds off a goalkeeper's pads.

Practice Tips

Here are some simple ways of practicing:

Challenging the Zone Practice

Set up a box zone in front of goal with four defenses. Station five attackers randomly around outside of zone. See Figure 4.

The player with the ball runs towards defender or space between. Before being stick-checked, the player must make a pass to a teammate. The passer continues through the zone, then relocates immediately. (Pass will probably be lateral or backwards to trailer.) The receiver immediately does the same thing – challenges by going to

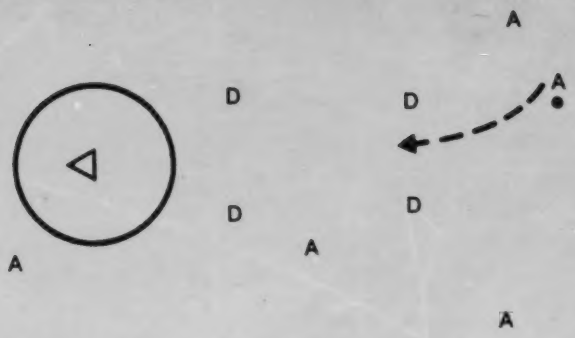


Figure 4.

zone, makes pass backward or sideways, continues cut through zone, or relocates. Because of the continuous movement, this is a fatiguing practice so time the players (e.g., for 30 or 60 seconds), depending on their accuracy and condition, then switch groups.

In the time allotted, count the number of challenges the players can make as well as the number of different defenders they can challenge (i.e., top right corner defender, then top left corner defender, back to top right or bottom right, etc.) *Note:* All five attacks must be alert to rotating into play!

3 vs. 2 plus Goalkeeper

Set up one or two additional goals in one half of the field using cones, pinnies or movable goals. See Figures 5 and 6. (It is a rare high school group that can work well on its own at opposite ends of the field).

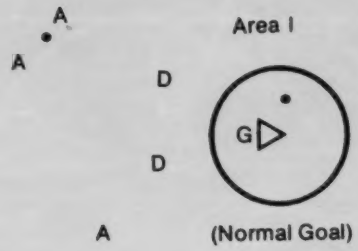
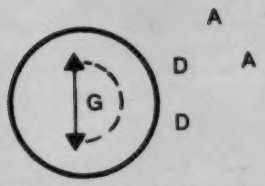


Figure 5.

Area 2



(Normal Center Circle)

Figure 6.

After reviewing the principles of shooting and obstruction of shooting space with both attacks and defenses, begin rotating any two defenses in as the base part of a box zone against any three attacks. In practice Area 1 have attacks concentrate on decoys and trailers. In practice Area 2 have them concentrate on using a player behind the goal. Practice taking shot when free.

Note: Don't let defenses sag when using only two, as there will be no room for cuts. Progress to 5 vs. 4 as soon as the players get the idea of what a trailer is.

5 vs. 4 plus Goalkeeper

Same as above, but use regular box zone. *Note:* Defense wings and centers should be rotated into both attack and defense. Don't forget to let your line defenses try beating the zone once or twice.

In closing, remember that the scores of games played against a zone will invariably be lower. Make certain your prolific scorers are aware of this so they won't become frustrated and think it is their play.

Encourage your players to look forward to these games with spirit, skill and enthusiasm. It should be a challenge to them, not a demoralizing experience. Your players reflect your philosophy, so meet the challenge head-on. A skillful, well-disciplined and eager unit will always give a zone a run for their money!

Make the Drill Fit the Bill

CELIA BRACKENRIDGE

Educated in England, Celia Brackenridge earned a certificate in physical education from Bedford College, a B.Ed. from Cambridge University, and a M.Ed. from Leeds University. She is a member of the All-England lacrosse team and was captain of the Great Britain team on its 1978 tour of Australia. She is currently a lecturer at Sheffield Polytechnic.

It has frequently come to my notice while coaching in the United States that American high school coaches seem uncertain as to how to design drills for varsity players. This undesirable state of affairs may well reflect a common tendency to confuse the purposes of various types of drill.

Technical Drills

Stickwork fundamentals are largely the responsibility of the individual. The coach can highlight weaknesses and should structure drills for grooving these basic skills, but there is no substitute for repetition when students want to master new skills. Poor fundamentals result in frustration for coach and player and inevitably limit the horizons of team success. Technical drills should therefore:

- reinforce success – e.g., an accurate shot is fed back to the player but an inaccurate one has to be fetched
- allow for a gradual progression in difficulty of task – e.g., a daily increase in the number of repetitions or a reduction in the time allowed to complete the task
- make demands on both the right and left side of the player (99% of lacrosse players are one-sided, making them easy prey for an alert defense)
- include a corrective device to prevent the player's establishing inefficient skills – e.g., a coach or teammate observes and offers criticism or a video recording is used for self-analysis. It is important to distinguish between inefficiency and successful idiosyncrasy – the latter is a bonus in any team, the former bad news!

Tactical Drills – Game Situations

In addition to spending time on fundamentals, which might well be done outside official practice time, varsity players glean invaluable experience from drills designed to simulate game situations. It

is in this area that many coaches seem so hesitant. Constant requests have been made to me to devise such drills. Of course all coaches have their favorites but my reaction to these requests is usually one of horror. There are so many variables influencing the needs of each set of players that it is virtually senseless to compare recipes for success. Far more effective than compiling a list of other people's secrets surely is to identify and grasp the common principles behind drill design in order that these may be applied in whatever specific situation arises.

The starting point for any drill design is the game itself. Careful observation, backed up by statistics if possible, should enable the coach to isolate points of breakdown such as fumbles, turnovers or strategic errors. The situations in which these nightmares have occurred must then form the basis of the drills for the following practice session.

If research on transfer of training is anything to go by, we must accept that proficiency in the components of a situation does not ensure success when the situation is met in its entirety. Thus tactical drills need to mirror the temporal, spatial and relational stresses of the game if they are to result in benefits for match play.

In summary, this means that game situations must live up to their names. They should include:

- orientation to a defined locus (the goal, the midfield, the wing, etc.)
- defensive pressure
- sequence of events realistic to the game
- sense of urgency
- tangible reward system (goals or points) which reflects success

Any varsity team should be able to cope with drills which satisfy all these conditions. Time spent in planning such drills undoubtedly saves much meaningless activity at practice sessions and pays dividends on game days.

Spirit of the Game

BETTY SHELLENBERGER

Betty Shellenberger currently serves as the secretary of the International Federation Women's Lacrosse Association. She is a former member of the United States women's lacrosse team and a former USWLA president. Betty has written many articles on lacrosse.

The interpretation and conduct by which the rules of all games are played are controlled by two sources – the coaches who are responsible for teaching them to their players and the umpires who are in charge of the games.

Women's lacrosse is a team sport with relatively few rules. Because of this and its unlimited boundaries, it is a very free game for the players. As with most female sports, the rules do not allow body contact or rough play. The fouls are to prevent the game from becoming dangerous and the umpire does not have to enforce any rule when such enforcement would be to the advantage of the team who fouled. Why then is there concern about the interpretation of the rules and how they affect the game?

The importance of winning at any cost is a primary cause of the game's becoming less attractive to play and to watch. Some players have little regard for their opponents; balls are hurled high and hard at goalkeepers – admittedly these players have protection but a shot that goes off the face mask or helmet can still cause injury. The lack of basic skills, of good body checking and of controlled shooting are leading players to use force to succeed. This is the fault of coaching; the instructors have not had experience in the sport either in a coaching course or as a player. The umpires who are controlling a game in which the skill level is low or in which the players flaunt the rules just to win, will have to be very strict with their calls. This will limit the flow of the game, making it less enjoyable for participants and spectators alike.

Highly skilled players should be able to compete with very few fouls being called. When a foul is called, players should accept the umpire's decision without question. If there is concern about the officiating, the team captain may discuss the matter with the umpires at half time or at the end of the game. It is not too late then to bring up a problem; the discussion of the interpretation at this time can be helpful to both players and officials for the future.

Rules, whether they govern sports or other aspects of life, are what we must play by. Changes can be suggested, but until they are approved, what is written in the rulebook and its interpretation by the umpires should determine how a game is played.

In Defense of the Defense

ALISON HERSEY RISCH

Alison Risch received her B.A. degree from Mt. Holyoke College, South Hadley, Massachusetts, and her M.Ed. degree from Tufts University, Medford, Massachusetts. She was a member of the U.S. Lacrosse Team and served as captain of the USA Touring Teams to Great Britain and Australia. Currently she coaches field hockey at Kennett High School in Conway, New Hampshire, and is director of the Sugarbrook Hockey Camp in Vermont.

In recent years there has been a justified effort by the USWLA Rules Committee to define illegal crosse-checking and keep the game from becoming rough and dangerous. It is absolutely necessary that the competitiveness of the game be kept within safe boundaries. No thinking person wants to see the introduction of protective equipment to counteract injury caused by rough play.

However, a mental attitude is developing among coaches and players that any forceful contact between players constitutes rough play. Attack players look expectantly to the official after a hard check and mutter, sometimes not too quietly, about wanting a call.

Indeed any check directed at the head should be called immediately, but there are instances when an attack creates her/his own problem and receives a strong, legal check. The new rules should not be interpreted as an elimination of the strong check and the ball carrier must expect contact when moving in close quarters.

Checking the handle of the crosse is a good, safe and legal maneuver by the defense. It is also legal to block a cradling motion or the follow-through of a pass or shot. Often the force of the contact is made by the attack's effort which moves her/his crosse into the opponent's. An official must have a line of sight to judge motion and determine responsibility for the contact. Very often an attack tries to go through a congested area and cradles into several sticks. The attack should not expect a call in her/his favor because of a rap on the knuckles. The attack has put her/himself in this situation and unless there is a defense motion towards the player's head, play should continue.

Players are becoming more unhappy about being checked on their pickup. Once the ball is in the crosse, it is liable to a check. The player does not need to have control of the ball. A defense may check as soon as the attack has lifted the ball off the ground and while it is still loose in the stick.

Many times the attacking players are guilty of barging, causing the rough play themselves. No player should be allowed physical contact at any time. If a free position is awarded to the attack after barging, it puts the defense in double jeopardy of injury and loss of field position. A defense should be allowed to stand her/his ground, defend her/his air space. An attack who bullies her/his way through an established defense should expect contact and feel lucky if there is no call against her/him. This is not in reference to blockading by the defense which is clearly illegal.

Double teaming is another instance when a defense is often penalized through good play. If one defense shepherds an opponent into another established defense and hard contact follows, an attack should not expect a whistle. As long as the defense does not check toward the head, but merely blocks the cradle, it is good competitive lacrosse.

As in most cases, interpretation of the rule is left to the official, whose decisions should be based on her/his line of sight to the point of contact and the game's skill level. A good official recognizes skill and timing by the defense.

Crosse-checking is an important skill and should be encouraged and developed by coaches. It takes considerable skill, coordination and timing to be successful. A player who has mastered it should not be discouraged by unjustified demands for a whistle by the attack and coaches.

Pointing Toward Perfection

USWLA UMPIRING COMMITTEE

All of us dream of the perfect lacrosse game: broad, level fields of green, two teams that never drop the ball and umpires who never miss a call, always hold the whistle just long enough and are swift enough of foot to see all angles of the goal circle all of the time. Fantasy, you say? Of course! The reality of bumpy, short fields, passes too hard, too soft or too short, and umpires who "can't see" are with us every day of the season. But just as players dream of playing the perfect game, umpires, too, dream of calling a flawless game!

The National level of the umpiring rating scale has been crowned with a new standard called an International Rating. Why the need for such a standard? Primarily because of a conflict in trying to bridge the gap between adhering to international standards for National Ratings, which requires three umpires, and the economy and practicality of umpiring most games with two umpires. Confusion reigned, as most of you are aware, in the testing of a system which very few of us had an opportunity to use during the season. In addition, opinion is still sharply split about whether to use two or three umpires, trail umpires and whether to divide the field diagonally or at midfield.

Much the same type of controversy raged when zone defenses first became more obvious in tournament play. Short of determining whether obstruction of shooting space is occurring, most zone defenses are accepted and tackled today with little fanfare. Hopefully, this acceptance of more than one way of reaching a goal will soon be applied to umpiring so that ultimately the system won't matter, only whether the game is kept in good control and within the rules so that it benefits as many as possible. It is with these goals in mind that the USWLA is fostering a program of achieving excellence with more than one system of umpiring.

With the introduction of this higher rating, the International Umpire is being asked to be proficient at *any* system of umpiring and, at the moment, is being tested on field umpiring, goal circle umpiring and the two-umpire system. The National Umpire may now decide whether to be tested on the two-umpire system or the three-umpire system. Standards for the International Rating are high – it is a challenge only for the fit, fast and competent! The USWLA sees this program as being a highly motivating force in having *all* levels of umpires reach a more proficient and competent style.

The program was initiated at the Harrisonburg Tournament in 1978. Dale Phillippi of New England had the distinction of being the

first umpire to be certified. Is it something you should strive for? By all means! Once you have tucked your first National Renewal under your belt, your next thought should be to tackle this rating. An International is as close to perfection as we think we can come. You may not make it the first time, but surely the style and high level of play that we've seen the past year or so at Nationals demand that we all keep trying. Check it out – the next certified umpire could be you!

Test Yourself — A Player Quiz

USWLA UMPIRING COMMITTEE

How quickly do you respond as a player to the following situations when the umpire's whistle blows?

Questions

_____1. If the ball goes out-of-bounds and you are the nearest player, how far in must you come before the umpire will say "Play on"?

_____2. If you commit a foul, how far away from your opponent must you be before play resumes?

_____3. Generally, how do you know whether you should be to the side, the front or behind on the above foul?

_____4. On an out-of-bounds ball that you are awarded, how far away must your opponents be?

5. If a throw is called between you and your opponent:

_____ a. Which side do you stand on?

_____ b. How far from your opponent must you and your stick be?

_____6. As an attack, if you are fouled in the immediate vicinity of the goal, how far out must you go when awarded a free position?

_____7. How can you tell before the game whether your stick's pocket is legal?

_____8. If you have received a warning for an illegal draw, what happens if you draw illegally again?

_____9. How far from the goal circle must you be when resuming play after an out-of-bounds call?

_____10. If opposing players adjacent to you are awarded a throw, how far from them must you be?

Scoring: 9-10 correct, an umpire's dream
7-8 correct, who's glaring at whom?
5-6 correct, you're invited to the umpiring meeting
Below 5 correct, go read the rulebook!

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Answers

1. 4m. (4.4 yd.). Rule 13, Out of Bounds.
2. 4m. (4.4 yd.). Rule 19, Penalty for Fouls. Free Position.
3. The offending player is placed. . . .in the direction from which the player approached before committing the foul. Rule 19, Free Position.
4. Each player maintains her/his position relative to other players (when whistle was blown). Rule 13, Out of Bounds.
5. Stand nearer the goal you are defending and 1m. (1 yd.) apart. Rule 14, The Throw.
6. 8m. (8.8 yds.). Rule 19, Penalty for Fouls. Free Position.
7. When the crosse is held horizontally, no more than half the ball is allowed below the bottom of the wood. Rule 1, The Crosse.
8. Your opponent is awarded a free position. Rule 10, The Draw.
9. 8m. (8.8 yds.). Rule 13, Out of Bounds.
10. 4m. (4.4 yds.). Rule 14, The Throw.

Lacrosse Bibliography

Revised by TURIE TOWNSEND
Lynchburg College
Lynchburg, Virginia

Books

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*These English publications may be obtained through Gertrude Hooper, 369 Atlantic Avenue, Cohasset, MA 02025. (617) 383-1111.

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Lacrosse Scorebook. Bill Battey Sporting Goods, Front & Jackson Sts., Media, PA 19063.

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*USWLA Lacrosse Scorebook.***

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*Crosse Checks.*** An annual USWLA publication that contains news and information useful to players and instructors. Free to active, associate and allied members. Anyone interested in submitting articles and/or pictures for possible publication, should submit same to the second vice-president of the USWLA by January.

*Lacrosse.** Published by the All-England Women's Lacrosse Association several times a year between October and April. Includes articles on playing and coaching and reports of games played and planned.

Lacrosse Audiovisual Aids

Discover Women's Lacrosse. 1978. 16mm, 14 min., sound, color. Produced by the USWLA. Sale $300, rent – allied member $15 one day, $5 each additional day; non-allied member $20 one day, $5 each additional day. Available through Turie Townsend, 1422 Tunbridge Road, Lynchburg, VA 24501 and/or Frank Wolf, Association Sterling Films, 600 Grand Avenue, Ridgefield, NJ 07657. A mini-documentary film designed as an introduction to the sport rather than as an instructional vehicle. It features a three-time all-American player and college coach and contains highlights of the 46th annual USWLA National Tournament. This lively film is ideally suited for middle school and high school audiences.

Lacrosse Film Loops. 1961. 8mm and 16mm, silent. (Approved by the AELLA). Series of 9 loops with notes. 16mm, $13.50; 8mm, $10.25 (including sea mail). Available from Guy Butler, "Harbledown," Little Hadham, Hertfordshire, England. Film covers grip, cradle, picking-up, overarm and underarm throw, low and high catch, dodging, body checking, goalkeeping, and overarm and underarm shot.

Lacrosse Film Loops. 1976. Super 8mm, silent, color. Series of 10 attractively packaged film loops with notes. $200 (postage included). Available from Nancy Blum Wasserman, 15 Mariners Lane, Stamford, CT 06902. Set covers beginning techniques and provides clear, consistent and skilled demonstration by top level players. Each skill is shown from two angles using regular speed and super slow motion.

Lacrosse, Lacrosse. 16mm, 18 min., sound, color. Sale $300, rent – allied member $10 one day, $5 for each additional day; non-allied member $15 one day, $5 for each additional day. Available through Association Sterling Films, 600 Grand Avenue, Ridgefield, NJ 07657. This USWLA film is a unique expression of the beauty of the game in motion and words with a delightful musical background. Viewers will see many aspects of the game, including on and off the field experiences while listening to players' answers to the question: "Why lacrosse?"

Let's Play Lacrosse. 1968. 16mm, 23 min., sd., color. Produced by the USWLA. Sale $300, rent – allied member $10 one day, $5 for each additional day; non-allied member $15 one day, $5 for each additional day. Available through Association Sterling Films, 600 Grand Avenue, Ridgefield, NJ 07657. Twelve minutes of skills demonstrated by members of the U.S. Lacrosse Team: the grip, cradle, pivot, pick-up, catch, pass, and dodge as well as body

checking, shooting, and goalkeeping, both in slow motion and at regular speed. Eleven minutes of game sequences between the 1967 Touring Team from Great Britain and Ireland and the top U.S. players showing: cutting, marking, quick passing, body checking, intercepting, shooting, and goalkeeping.

For information about the USWLA Film Service, contact Turie Townsend, 1422 Tunbridge Rd., Apt. 10, Lynchburg, VA 24501. Place your request for films at least three weeks in advance; list alternate dates. Postage and insurance are not included in rental fees.

EQUIPMENT AND EXTENSION SERVICES

Used Equipment Committee

Do you have lacrosse equipment you are not using? Are you planning to purchase new equipment? The committee may be of service. Would you be willing to donate used equipment? Such equipment could assist schools, colleges and districts in starting lacrosse; even a few sticks in disrepair would help because the committee has a waiting list. For donations or information on equipment, write to USWLA Equipment Chairperson, Sue Kribble, 1902 Little Avenue, Conshahocken, PA 19428.

Loan Equipment Kits

Lacrosse Loan Kits are placed at the disposal of the USWLA each year. A kit includes 24 lacrosse sticks, 24 balls, and 2 goal nets. Schools wishing to be considered for receiving a Loan Kit should write to the USWLA Equipment Chairperson, for a questionnaire, which must be returned by November 1 to be considered for the next spring.

Extension

If you wish coaches, clinics, or an exhibition game, write to the USWLA Extension Chairperson, Sue Schooley, 36 N. Cove Road, Merchantville, NJ 08109. Please indicate the name of your organization, the type of service you wish, dates, numbers involved, and the name, address and phone number of the person in charge.

STANDARDS AND PROCEDURES FOR RATING OF OFFICIALS

The National Umpiring Committee

This committee shall consist of the following:

Umpiring chairperson (a two-year appointment by the USWLA president) must be a National umpire.

Six members-at-large (a two-year appointment, three members at a time in alternate years; appointed by the umpiring chairperson and approved by the USWLA president) must be a National umpire.

One representative from each district (a one-year appointment chosen by the district and approved by the USWLA president) need not be a National umpire.

Additional appointments may be made by the USELA president when deemed necessary.

Chairperson of the Rules Committee serves as consultant.

Duties

1. Establish standards and procedures for officiating the rules of the game with consideration to all levels of play.
2. Establish standards and procedures for rating umpires.
3. Prepare written examination for circulation by March 1.
4. Establish examination and umpiring fees.
5. Judge candidates for National rating at the national tournament.
6. Conduct clinics for new officials.
7. Officiate games at the national tournament.
8. Aid new areas in rating officials.
9. Assist Rules Committee in evaluation of Lacrosse Rules.

If you need officials, or wish information on rating clinics and examinations, write directly to the USWLA Umpiring Chairperson:

DOROTHY HAYDEN
Lynchburg College
Memorial Gymnasium
Lynchburg, VA 24501

District and/or Local Umpiring Committee

This committee shall consist of a chairperson, who should have a National rating, and three to five members. One-third of the committee should be National or District officials.

1. Duties: Chairperson
   a. Keep a record of all officials rated by the chairperson's association.
   b. Request certificates and emblems for a new or rerated official from the National Umpiring Chairperson by national tournament of each year.

c. Send $3.00 for each written examination administered to the USWLA treasurer by national tournament of each year. A list of names should be included.
d. Submit a complete report of names, addresses and telephone numbers of all officials from the chairperson's association. Include the rating earned and the date of expiration. This report is due May 20 of each year.
e. Submit the names of those officials who will be able to officiate at the national tournament to the National Umpiring Chairperson by May 20 of each year. This may be included in the report described in (d) above.
f. Be knowledgeable of the rules, interpretations and officiating techniques as described by the National Committee.

2. Duties: Committee
a. Administer the written examination.
b. Assist in judging officials during practical examination.
c. Assist at clinics for new rules.
d. Be knowledgeable of the rules, interpretations and officiating techniques as described by the National Committee.

Examinations and Fees

Written and practical examinations shall be given to each candidate. All rated umpires must take the written examination yearly. A national fee of $3.00 shall be collected for each written examination administered. (An additional amount, according to local ruling, shall be collected from each candidate and be retained by the local association).

Classification of Umpires

International
Theoretical exam – 92 percent or above
Must hold National rating
Practical – Approval of at least three National judges at national tournament
Rating issued for three years

National Honorary – New awards discontinued. Present National Honorary Umpires must umpire two games every three years at national tournament to remain active; otherwise the umpire will be listed as inactive.

National Umpire
Theoretical exam – 92 percent or above
Must have held District rating for two years
Practical – Approval of at least three National judges at national tournament
Rating issued for three years

District

Theoretical exam – 90 percent or above
Must have held Local rating at least one year
Practical – Approval of one National and two District judges
Rating issued for two years

Local

Theoretical exam – 85 percent or above
Practical – Approval of one National or one District and two Local judges
Rating issued for two years (in special cases, one year)

Intramural

All criteria set by local board with approval of National Umpiring Chairperson.

OFFICIAL USWLA RULES

1979

USWLA RULES COMMITTEE

Barbara Konover, *Chairperson, USWLA Rules Committee*
Germantown Friends School
Germantown, Pennsylvania

Susan King
Philadelphia

Linda Lonsinger
Cheltenham High School
Cheltenham, Pennsylvania

Ann Morton
Springside School
Pennsylvania

Ann Sage
University of Pennsylvania
Philadelphia

Nathalie Smith
Hofstra University
Hempstead, New York

Consultants

Nancy Wassermann
Greenwich Academy
Greenwich, Connecticut
Sanction/Approval Committee

Dorothy Hayden
Lynchburg College
Lynchburg, Virginia
Umpiring Committee

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USWLA RULES POLICY STATEMENT

The USWLA rules are designed to maintain the "spirit of the game" and to insure the safety of the players at all levels.

The spirit of the game includes the philosophy that:

1) the game should flow as continuously as possible, not be burdened by an inordinate number of rules requiring frequent stops during the game;
2) the outcome of the game should be determined by legal play by the players, not by the interpretations of the rules by the umpires or by direction during play by coaches;
3) players, coaches and umpires should observe the intent of the rules, making a sincere effort to observe them and not attempt to take advantage of them.

If the game is played in this spirit and players are well-coached in the intent and word of the rules, it is the hope of the USWLA Rules Committee that the game will be a safer one to play and to officiate.

If a team refuses to comply with USWLA rules, that team and its members will not be permitted to participate in any USWLA activity, to hire USWLA officials, or to play against another team allied with the USWLA. USWLA officials have the authority to suspend or refuse to officiate any game in which one or both teams refuse to comply with the rules of the USWLA.

OFFICIAL RULES FOR WOMEN'S LACROSSE

The USWLA Rules Committee has adopted the rules as proposed by the IFWLA Rules Committee at its meeting in October, 1975. All new rules are [redacted]

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Rule III. Playing Area

I. **The Crosse**

A. The maximum measurements of the crosse are: length 1.22m. (4 ft.), width 23cm. (9 in.), depth 7cm. (2.75 in.), and weight 567gm. (20 oz.). [redacted] The stick must be approved by the national governing body.

B. [redacted]

1. [redacted]
2. [redacted]
3. [redacted]
4. [redacted]
5. [redacted]

II. **The Ball**

The ball is rubber of any color, not less than 20cm. (7.75 in.) nor more than 20.3cm. (8 in.) in circumference. It must weigh not less than 135gm. (4.75 oz.) nor more than 149gm. (5.25 oz). It must have a bounce of not more than 1.4m. (4.6 ft.) nor less than 1.3m. (4.3 ft.) when dropped from 2.5m. (8.2 ft.) on to concrete at a temperature of approximately 20°C. (68°F.). The ball must be approved by the national governing body.

III. **The Playing Area**

A. The playing area has no measured boundaries. An area of 110x60m. (120x70 yd.) is desirable. The goals are 92m. (100 yd.) apart measured from goal line to goal line. [redacted]

There is a circle radius 9m. (10 yd.) in the center of the

field and through the center of this a line 3m. (3.3 yd.) in length, parallel to the goal lines.

B. The boundaries must be decided before the match by the captains and the umpires (see Rule VI-C). The lines marking the center and goal circles are part of these areas.

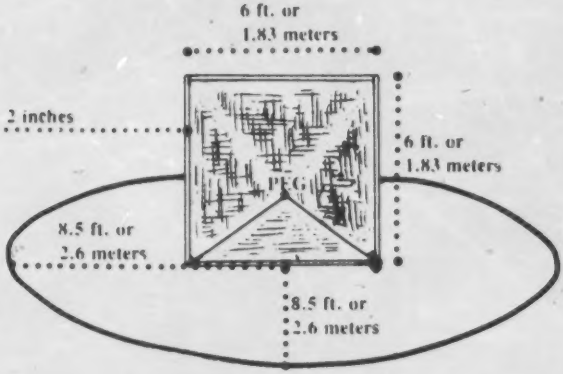
C. Spectators must be kept well back from the designated boundaries and allowed no closer than 13.5m. (15 yd.) from the goal circle.

IV. The Goals

Each goal consists of two perpendicular posts [redacted] 1.83m. (6 ft.) high and 1.83m. (6 ft.) apart, joined at the top by a crossbar 1.83m. (6 ft.) from the ground (inside measurements). The goalposts [redacted] must not extend upwards beyond the crossbar, nor the crossbar sideways beyond the goalposts. The posts and crossbar must be painted white and be 5cm. (2 in.) square [redacted] A line called the goal line must be drawn between the two posts, continuous with them and of the same width. The netting, not more than 4cm. (1.5 in.) mesh, must be attached to the posts and crossbar and to a point on the ground 1.83m. (6 ft.) behind the center of the goal line; it must be firmly pegged down.

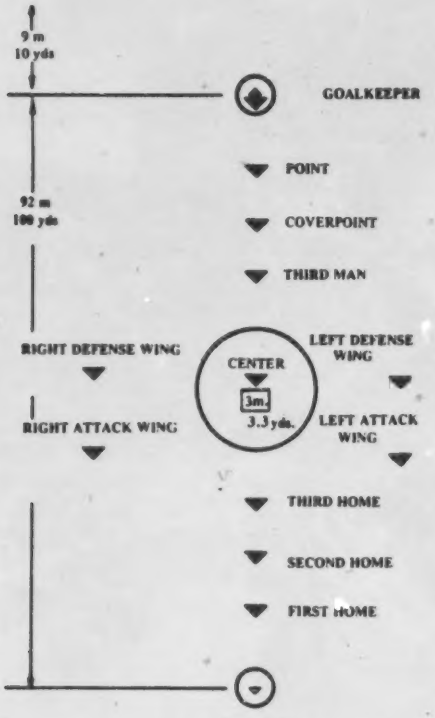
The Goal Circle

The goal circle is a circle, radius 2.6m. (8.5 ft.) measured from the center of the goal line.



V. The Teams

Twelve players constitute a full team, one member of which acts as captain.



Lacrosse Field

USWLA OFFICIAL LACROSSE RULES

VI. Captains and/or Coaches

The captain's and/or coach's responsibilities are to:

A. toss for choice of ends

B. agree on the playing time with the umpire

C. agree on the boundaries with the umpire

D. be informed of the responsibilities of each umpire,

E. designate the umpire if there is no umpire

F. indicate a substitute for an injured player

G. confer with the umpires if the weather conditions make the continuation of play questionable, but the umpire's decision is final

H. indicate that her/his team is ready to play at the beginning of each half

I. approach the umpire at halftime or after the game if a clarification of rules is needed (see Rule XX-A7)

VII. Uniform

A. Players must wear composition or rubber soled boots or shoes. No spikes are allowed. Plastic, leather or rubber cleats/studs may be worn.

B. No protective clothing other than close fitting gloves is allowed; however, the goalkeeper may wear leg pads, arm pads which do not overly increase the size of the arm, a body pad, a face mask, a protective hat, and gloves that do not increase the size of the hands as they are presented to the ball.

C. By the 1980 season, all players must wear numbers on the front and back of the uniform. Numbers on the back must be at least 6" tall; numbers on the front must be at least 3" tall.

D. Protective devices necessitated on genuine medical grounds may be used by players providing that both captains and umpires agree that they do not endanger other players. All protective devices used under these conditions should be close fitting and not be of excessive weight.

E. Players may not wear earrings, necklaces, bracelets and watches on the field of play. Medic-alert jewelry, rings and soft jewelry may be taped securely to the player or removed entirely. Barrettes are legal as long as they do not endanger other players. The intent of this rule is to keep the game safe for the players and the umpire has the power to rule any decoration as dangerous to other players and to remove it from the field of play.

F. [redacted]

G. [redacted]

VIII. Duration of Play

A. The playing time is 50 minutes (or such time agreed by the captains, [redacted] At half time, which may not exceed 10 minutes, the players must change ends. Time-out, which may not exceed 5 minutes, is taken for stoppage that occurs due to accident or injury.

B. Play should be continuous, but at the discretion of the umpire time-out is taken for unusual circumstances, e.g., a broken crosse, animal on the field, lost ball, [redacted] spectator interference, delay of game, [redacted]

C. If weather conditions make play dangerous, the umpire is authorized to suspend the game after consultation with the captains/coaches. The umpire's decision is final.

D. [redacted]

E. [redacted]

F. [redacted]

IX. [redacted]

A. [redacted]

B.

1.
2.
3.

C.

1.
2.
3.
4.
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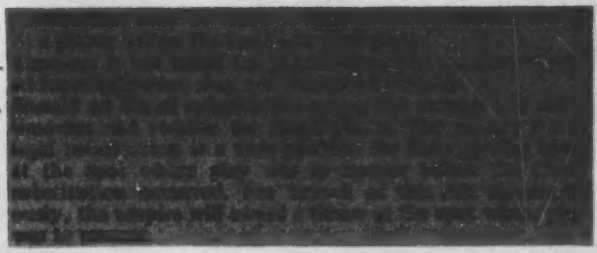
D.

E.



X. **Start of the Game**

Each half of the game is started by a draw on the center line. After each goal the game is restarted by a draw from this same line [illegible] All other players' feet must be outside the center circle until the word "draw."

The Draw

The opponents each stand with one foot TOEING* the center line. The crosses are held in the air, above hip level, wood to wood, angle to collar, parallel to the center line and back to back, so that the players' crosses are between the ball and the goal they are defending. The ball is placed between the crosses by the umpire. On the words "ready, draw" from the umpire, the two opponents must immediately draw their crosses up and away from one another.

The flight of the ball must attain a height higher than the heads of the players taking the draw. After one [illegible] the opponent is awarded a free position. A throw is awarded after one [illegible] tion if both players draw illegally. [illegible]

XI. **Scoring**

A. The team scoring the greater number of goals is the winner. In the event of the scores being equal, the result is a draw/tie. A goal is scored by the whole ball passing completely over the goal line, between the posts, and under the crossbar from in front, having been propelled by the crosse of an attacking player, or the crosse or person of a defending player.

*Words and terms in capital letters are defined in Rule XXI.

B. A goal is not scored when:
   1. the ball is put through the goal by a non-player
   2. the ball comes off the person of an attacking player
   3. the ball enters the goal after the whistle has blown or the horn has sounded
   4. the player shooting has followed through over the goal circle with any part of the player or the player's crosse, or any other attacking player has entered the goal circle
   5. the goalkeeper, while within the goal circle, is interfered with in any way by an attacking player
   6. the center/field umpire has ruled that the shot is dangerous [redacted]

C. To eliminate playing off games during the season a scoring system for league standings should be devised, i.e., 2 points for a win, 1 point for a tie, 0 for a loss. Tournament committees may use any system for deciding a champion.

[redacted]

1.

2.

3.

XII. Stand

The ball is "dead" when the umpire blows the whistle and no player may move, unless directed by the umpire, until the game has been restarted. The umpire directs any player who moves to return to her/his original position.

XIII. Out-of-Bounds

When the ball goes out-of-bounds, the umpire blows the whistle and the players must "stand".

A. When one player is nearest the ball, the nearest player takes the ball in her/his crosse from the place where the

6.3

ball went out-of-bounds, stands 4m. (4.4 yd.) inside the agreed boundary and on the signal and word "play," the game proceeds.

B. When two opposing players are equally near the ball, a throw is taken [redacted]

C. Each player involved maintains her/his [redacted] relative to the other players [redacted] blows.

D. Play must not be resumed within 8m. (8.8 yd.) of the goal circle.

XIV. The Throw

The two players and their crosses must be at least 1m. (1 yd.) apart and each is nearer the goal she/he is defending. The umpire stands between 4m. and 8m. (4.4 yd. and 8.8 yd.) from the players, and on the word "play," throws the ball with a short high throw so that the players take it as they move in towards the game. [redacted] No player may be within 4m. (4.4 yd.) of the players taking the throw. If the throw is not touched by either player, the throw is taken again.

A throw is taken when:

A. the ball goes into the goal off a non-player [redacted]

B. the ball goes out-of-bounds [redacted]

C. there is an incident unrelated to the ball and players are equidistant from the ball (see Rule XV)

D. a ball lodges in the clothing [redacted]

E. the players foul simultaneously (see Rules XIX and XX-C2d)

F. the game is restarted after [redacted] related to the ball [redacted]

G. the game is stopped for any reason [redacted]

XV. Accident, Interference, or any Other Incident

A. If the game has to be stopped due to an accident, interference, or an incident either related or unrelated to the ball at the time the whistle is blown, the game is restarted in one of the following ways:

1. If a foul has occurred, a free position is awarded on a spot determined by the umpire (see Rule XIX).
2. If no foul is involved in the stoppage of play, the ball is given to the player who was in possession, or nearest to it, at the time play was stopped. If two players are equidistant from the ball, a throw is taken.

B. Time-out for accident or interference is called at the discretion of the umpire. No one from the sideline may come onto the field without permission from the umpire. If a player is incapacitated for longer than 5 minutes, the game is restarted without the player or a substitute takes the player's place (see Rule IX-A).

XVI. Ball Lodged in Clothing or Crosse

When the ball lodges

A. in the clothing of a field player, a throw is taken with the nearest opponent (see Rule XIV-D)

B. in the crosse, the crosse must be struck on the ground and the ball dislodged immediately, otherwise a throw is taken where the player caught the ball (see Rule XIV-D)

C. in the goal netting or in the clothing or pads of the goalkeeper while she/he is within the goal circle, the goalkeeper removes the ball, places it in the crosse and proceeds with the game (see Rule XVII-B2&3)

XVII. Defending Within the Goal Circle

A. Only one player, either the goalkeeper or the person deputizing for the goalkeeper, is allowed in the goal circle at any one time. No other player is allowed to enter or have any part of her/his body or crosse *on or over* the goal circle line at any time.

B. The goalkeeper or anyone deputizing for the goalkeeper while within the goal circle:

1. must CLEAR the ball within 10 seconds after it has entered the goal circle
2. may stop the ball with either hand and/or body as well as the crosse; if the goalkeeper catches the ball with the hand, the goalkeeper must put it in the crosse and proceed with the game (see Rule XVI-C)

3. must remove a ball lodged in her/his clothing or pads, place it in the crosse and proceed with the game [redacted] Rule XVI-C)
4. may reach out with the [redacted] and bring the ball back into the goal circle provided no part of the body is GROUNDED outside the goal circle

C. [redacted] keeper is outside the goal circle, the goalkeeper:
1. loses all goalkeeping privileges
2. may only reenter the goal circle without the ball
3. may propel the ball into the goal circle and then [redacted] it in

D. The penalty for violation of Rule XVII is a free position [redacted] closer than 8m. (8.8 yd.) out to either side level with the goal line.

XVIII. Fouls

A. Field Fouls

A player must not:

1. roughly or recklessly check/tackle another player's crosse. No crosse may be checked into the head or body. The direction of the check must be away from the sphere around the head.
2. detain or BLOCK an opponent at any time by [redacted] or pressing against the player's body, clothing or crosse with an arm, leg, body or crosse
   a. No player's face may be threatened by a defender's crosse.
   b. No defender who is level with or behind may reach or hold the crosse around the face or throat of the opponent.
3. check/tackle an opponent's crosse when trying to get possession of the ball. This applies only if the opponent could have received the ball.
4. CHARGE, shoulder, or back into an opponent, or push with the hand
5. push an opponent off a ground ball or guard a ground ball with the player's foot or crosse
6. guard the crosse with an arm
   a. If one hand is removed from the crosse, the free hand may not be used to ward off an opponent, with or without contact.
   b. Elbows may not be used to protect the crosse.

7. trip an opponent.
8. touch the ball with the hand, except as in Rules XVI-C and XVII-B
9. allow any part of the body, deliberately or otherwise, to impede, accelerate or change the direction of the ball to the distinct advantage of the player's team
10. propel the ball or follow-through with the crosse in a dangerous manner at any time
11. shoot dangerously
    a. A dangerous shot is judged on the basis of the combination of distance, force and placement.
    b. A shot may not be directed at the goalkeeper's body, especially the head or neck. This does not apply if the goalkeeper moves into the path of the ball.
    c. A shot may be uncontrolled even if it misses the goal.
12. throw the crosse in any circumstance
13. take part in the game if the player is not holding the crosse
14. draw illegally after one "caution."
15. guard the goal outside the goal circle so as to obstruct the space within the SHOOTING LANE between the ball and the goal which denies the attack the opportunity to shoot safely and encourages shooting at an unprotected player
    a. This positioning applies only if initiated by the defender and not if she/he is drawn into it by an attacking player.
    b. This positioning applies to a defender not intentionally playing the player with the ball.
16. intentionally delay the game

B. Goal Circle Fouls

1. A field player must not:
    a. enter or have any part of the body or crosse in the goal circle at any time, unless the field player is deputizing for the goalkeeper (see Rule XVII-A)
2. The goalkeeper or her/his deputy must not:
    a. when inside the goal circle, continue to hold the ball in the crosse, but must pass at once (see Rule XVII-B)
    b. when inside the goal circle, reach beyond the goal circle to play the ball in the air or on the ground with the hand

c. when any part of her/him is GROUNDED outside the goal circle, draw the ball into her/his goal circle
d. when outside the goal circle with the ball, step back into the goal circle until she/he no longer has the ball

C. Misconduct and Suspensions

1. A player must not:
   a. conduct her/himself in a rough, dangerous or unsportsmanlike manner
   b. persistently cause infringement of the rules
   c. intentionally delay the game to the extent that it interferes with the normal conduct of play (e.g., deliberately throwing the ball out-of-bounds, reluctancy to take up a legal position on a free position, etc.)
   d. deliberately endanger the safety of an opposing player
   e. exhibit any type of behavior which in the umpire's opinion amounts to misconduct
2. The penalty for violation of Section C, Rule XVIII
   a. In addition to awarding a free position taken on a spot determined by the umpire, the umpire may also warn the offending player, and then will, on further offense, suspend the player from further participation in the game. The warning is noted by showing a yellow card to the player and the scorer. The suspension of a player will be noted by showing a red card.
   b. A suspended player may not be replaced by a substitute.
   c. The umpire has the power to suspend from further participation in the game and/or send from the field without any previous warning, a player, coach or team follower guilty of flagrant or repeated violations of the rules, dissent, misconduct or abusive language.
   d. Time-out must be called to administer warnings and suspensions.
   e. In the event a coach or team follower is warned or suspended, play is restarted with a free position on a spot determined by the umpire.
3. If a team leaves the field and refuses to play, the score of the game shall stand if the remaining team was ahead at the time. Otherwise, the score of the game will be 1-0 in favor of the team remaining on the field.

XIX. Penalty For Fouls

The penalty for fouls is a "free position." In the event of two players fouling simultaneously, a throw is taken (Rule XIV-B).

Free Position

A. Placement of players

1. All players must "stand" when the whistle blows. The umpire indicates where the offending player and the player taking the free position are to stand.
2. The offending player is placed no closer than 4m. (4.4 yd.) from the player taking the free position, in the direction from which the offending player approached before committing the foul.
3. No player or her/his crosse is allowed within 4m. (4.4 yd.) of the player taking the free position; if anyone is within this distance, that player must be moved to a position indicated by the umpire.
4. The free position may not be taken within 8m. (8.8 yd.) of the goal circle except in the case of the goalkeeper, who may be in the goal circle if she/he was fouled within the goal circle (see Rule XVII-A).
5. When a free position is taken in a team's CRITICAL SCORING AREA, all players' bodies and crosses must be cleared sideways from the SHOOTING LANE relative to their position at the time of the whistle.
6. A free position near the goal can be measured in any direction at the discretion of the umpire, according to the nature of the foul. If any foul prevented an almost certain goal, the umpire can order any player(s) from between such free position and the goal.

B. Resumption of play

1. The player awarded the free position then takes the ball in the crosse and, on the arm signal and the word "play" from the umpire, the game is restarted and the player may run, pass or shoot.

XX. Umpires, Scorers and Timers

A. The center/field umpire(s) will:

1. prior to the game, inspect the grounds, goals, balls, crosses and clothing and see that they are in accord with the rules
2. see that timers and scorers understand their responsibilities
3. enforce the rules

4. determine, if using two field umpires who hold the same rating, which one will be in charge of the game. Otherwise the umpire with the higher rating will be in charge of the game
5. communicate with the goal umpires, if they are used, about their umpiring responsibilities
6. report goals to the scorer
7. be available for questions from captains or coaches during halftime (see Rule VI-I)
8. make the final decision, after consultation with captains/coaches, on whether to continue a game due to weather conditions or any other extenuating circumstances (see Rules VI-G; VIII-C)
9. make the game official by signing the scorebook
10. umpire the game in accordance with the recommended procedures put forth by the USWLA

B. Held Whistle
An umpire will refrain from enforcing any rule when it would penalize the non-offending team.

C. Slow Whistle
A slow whistle is a held whistle once the attack has entered the CRITICAL SCORING AREA 18m. (20 yd.) from the goal line which allows the attack to continue a SCORING PLAY. If the scoring play is unsuccessful, the foul is then penalized.

1. A slow whistle is in effect in the following instances and the official must drop a signal flag and hold the whistle until such time as the scoring play has been completed:
   a. when an attack player in possession of the ball in the CRITICAL SCORING AREA of the field is fouled by the defense but does not lose possession of the ball
   b. when an attack player has possession of the ball in the CRITICAL SCORING AREA of the field and a foul is committed against an attack teammate without the ball
2. Enforcement of the slow whistle
   a. If a goal has not been scored or when there is an end to the identified scoring play, the umpire will blow the whistle and move to the spot of the foul where the umpire will award the ball to the nearest attack player.
   b. The nearest defense player may move to within 4m. (4.4 yd.) of the player with the ball. All players and

their crease must move out of the SHOOTING LANE until the play is resumed.

c. During a slow whistle situation, if there are additional fouls by the defense, the attack will be awarded the ball at the spot of the most recent foul at the end of an unsuccessful SCORING PLAY.

d. If during a slow whistle situation the attack player or a teammate commits a foul, it will be treated as a simultaneous foul and a throw will be taken out to the side of the field and midway between the two occurrences but no closer than 8m. (8.8 yd.) from the goal.

D. The goal umpires will:
1. umpire the area around each goal circle in accordance with the recommended procedures put forth by the USWLA
2. umpire, at the same goal, both halves of the game
3. raise the flag to indicate a legal shot has entered the goal until the center umpire whistles to award the goal
4. whistle at once to stop the game if there is any infringement of rules concerning the goal circle
5. whistle field fouls and boundary decisions in a clearly defined area around the goal if so agreed beforehand with the center umpire

E. The scorer will:
1. record the lineups of both teams prior to the game
2. keep an accurate record of the goals scored
3. if playing the substitution rule, accept substitutes and enter their names and numbers prior to signaling the timer to call for substitution
4. notify the umpire on the first ensuing stoppage of play if there has been an illegal substitution (see Rule IX)
5. record any warnings given by the umpire with a "w" written beside the player's name (see Rule XVIII-C2a)
6. notify the umpire immediately when a second warning is given to any player

F. The timer will:
1. check with the umpires prior to the beginning of the game to see what the length of halves will be
2. stop the clock at the whistle and arm signal after each goal (see Rule VIII-D)
3. start the clock on the arm signal and verbal cue "draw" at each draw

4. during the last 5 minutes of the game, stop the clock on every whistle, then restart the clock on the umpire's verbal and arm signals (see Rule VIII-D)
5. indicate to the nearest umpire when there are 30 seconds remaining in each half
6. count out loud to the umpire the last 10 seconds of each half, sounding the horn when the time is up
7. stop the clock for *any other circumstances only upon* the time-out signal and whistle from the umpire
8. verbally notify the umpire when there are 5 minutes remaining in the game
9. let the umpire know when 5 and 10 minutes have elapsed between halves.

XXI. Definition of Terms

A. **Blocking** takes place when a player moves into the path of a player with the ball or about to receive the ball without giving that player a chance to stop or change direction. When a player is running to receive the ball, a "blind side" defense player must give the player enough time or space to change direction.

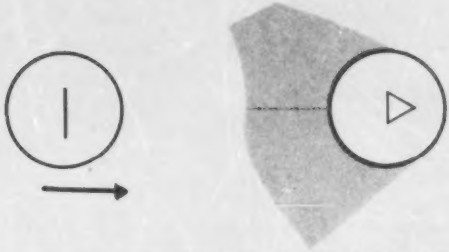
B. **Body checking** is a technique whereby a defender moves with an opponent without body contact occurring, following each movement of the opponent's body and crosses with her/his body and crosses for the purpose of impeding the opponent's progress, causing the opponent to slow down, change direction or pass off.

C. **Charging** takes place when the player with the ball pushes into, shoulders, or backs into an opponent who has already established a position (though not necessarily stationary).

D. **Clear** is any action taken by a player within the goal circle to pass the ball to the player's own team.

E. **Clear space** indicates the space between players which is free of sticks or any parts of the body.

F. **Critical scoring area** indicates an area at the end of the field where the attacking team is shooting for goal as defined from the goal line out to a distance approximately 18m. (20 yd.) in front of goal. No extra lines will be marked on the field but this will be called at the judgment of the umpire.



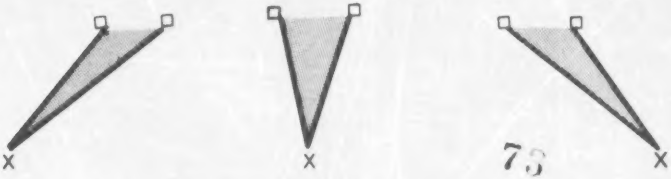
G. **Crosse checking** is an extension of body checking whereby the defender attempts to dislodge the ball from an opponent's crosse by using a series of controlled tapping movements with her/his own crosse.

H. **Field player** is any player other than the goalkeeper. It is a defense or attack player whose primary responsibility encompasses an area outside the goal circle and to whom no special privileges have been awarded according to the rules.

I. **Grounded** refers to any part of the goalkeeper's (or the deputy's) body touching the ground outside the goal circle while attempting to play the ball from inside the goal circle.

J. **Scoring play** is a continuous effort by the attacking team to move the ball toward the goal and to complete a shot on goal. The scoring play is over when:
   1. a shot is taken
   2. the attacking team loses possession of the ball
   3. the attacking team passes or carries the ball behind the level of the goal line a second time
   4. the attacking team stops the continuous attempt to score.

K. **Shooting lane** is a path to goal as defined by two lines extending from the ball to the two goalposts.



L. Toeing the line refers to the placement of the foot against the center line so that the foot is perpendicular to the line on the center draw.

XXII. Manufacturer's Specifications

A. Crosse
1. Basic materials
wood plastic
gut leather
nylon rubber
2. Length: 4' maximum; 3' minimum
3. Width (outside dimensions): 9" maximum; 7" minimum
4. Weight: 20 oz. maximum
5. Notes
a. A guard of woven material or synthetic material is required on the left side of the bridge.
b. Left-handed crosses are illegal.
c. Totally molded heads are illegal.

B. Ball
1. Basic material: rubber
2. Color: solid
3. Circumference: 7¾" to 8"
4. Weight: 4¾ oz. to 5¼ oz.
5. Note: Bounce test – to test the bounce, the ball should be dropped on the concrete from 8.3' and must bounce from 4.27' to 4.49'. Test temperature should be 20°C.

C. Goals
1. Basic materials
wood (preferred)
pipe (acceptable)
2. Width and height (inside dimensions): 6' by 6'
3. Posts: 2" wide; white
4. Notes
a. Wooden or metal goalposts 2" in diameter are legal.
b. It is recommended that the netting be supported within by a back stay at each end of the crossbar.
c. Any structure supporting the net between the goal should allow the goalkeeper to move freely in the back part of the goal circle.
d. No supporting braces should be placed in the corners of the goal which would prohibit a score, i.e., ball wholly crossing the line.

D. Nets
1. Basic materials

cotton
nylon
metal mesh

2. Size: 1½" mesh
3. Note: The netting should be attached to the posts and crossbar and to a point no more than 6' behind the center of the goal. The net should be anchored at the base.

E. Players' Uniform
1. Goalkeeper's glove and arm pads should be close fitting so that they do not overly increase the size of the hand or arm (see Rule VII-B).
2. Goalkeeper's glove may not contain any webbing.
3. Field hockey glove is legal.
4. Men's lacrosse and ice hockey gloves are illegal.
5. Softball and baseball gloves are illegal.
6. By 1980, all equipment used on the field of play must be approved by USWLA Sanction/Approval Committee.

F. Procedure for gaining USWLA approval on equipment
1. All lacrosse equipment for the women's game will be examined by the USWLA to insure compliance with the above manufacturer's specifications and official USWLA rules.
2. The approval of equipment will be handled by the Sanction/Approval Committee at the USWLA National Tournament in the spring.
3. The procedure will involve all equipment, including nets, goals, sticks, balls and protective equipment. Manufacturers and/or distributors should present or send equipment to national tournaments.
4. A small fee will be charged to cover the cost of the program. Equipment that is legal will be placed on an official list which will be circulated during the summer to the membership.
5. Equipment need not be resubmitted nor will additional fees be required unless changes occur in structure, design or materials used.
6. Interim inspection of equipment may be handled by any two or three members of the USWLA Sanction/Approval Committee.
7. Only equipment that has been approved will be considered legal for the game of women's lacrosse.

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RULES INTERPRETATIONS
Barbara Konover
511 East Mill Road
Flourtown, PA 19031

Inquiries on interpretations of rules must include a stamped self-addressed envelope.

In writing, please include the number and the section of the rules. Please fill out the questionnaire on pages 109-111.

The USWLA is anxious to know your opinions on this year's rules. Please fill out the questionnaire on pages 109-111.

HINTS FOR COACHES AND OFFICIALS

Note: All capitalized words are taken directly from the body of the rules.

I. THE CROSSE

A. The depth of the crosse is the depth of the guard and the wood. When the crosse is held horizontally, no more than one-half of the ball is allowed below the bottom of the wood. The ball should be placed or dropped from two to three inches above the crosse. The ball should not be *pushed* into the crosse.

B. Procedure for checking the crosse.

1. ALL CROSSES THAT MIGHT BE USED IN THE GAME WILL BE CHECKED PRIOR TO THE GAME.
   a. Team should form a line with crosses raised to shoulder level.
   b. Official should walk down the line and check each crosse.
   c. If a crosse is legal, that player may move on and continue with the pre-game warm-up.
   d. If a crosse is illegal, the official must remove that player from the line. All players with illegal crosses should remain together, adjust their crosse, and have them re-inspected by the official.
   e. If a crosse will not hold a legal shape, it must be placed under the scorekeeper's table.
   f. Please note that if a player has more than one crosse at the field, the player should have each crosse checked prior to the game.
2. IF A CROSSE IS FOUND TO BE ILLEGAL ONCE THE GAME HAS STARTED, IT WILL BE REMOVED FROM THE GAME AND PLACED AT THE SCORER'S TABLE FOR THE REMAINDER OF THE HALF.
   a. Note: Time out is to be taken when checking the legality of the crosse.
   b. Even though all crosses are to be checked prior to the game, some situations are not conducive for this. Do not hesitate to check any crosse entering the game for the first time.
3. THE GAME WILL BE RESTARTED BY THE BAIL BEING GIVEN TO THE PLAYER WHO WAS IN POSSESSION, OR NEAREST TO IT, WHEN PLAY WAS STOPPED.

a. Even if a player's crosse is found to be illegal, that player will be given the ball to restart play if the player was in possession of the ball or nearest to the ball when play was stopped.

II. THE BALL

No comments

III. THE PLAYING AREA

A. Both coaches and officials should familiarize themselves with the playing area to be used. This should be done in ample time to make necessary adjustments. See Rule XX A1.

IV. THE GOALS

No comment

V. THE TEAMS

A. There is no minimum number of players. An official game may be started with less than 12 players per team participating.

B. Players need not position themselves on the field in the same relationship as the diagram on page 58 indicates.

VI. CAPTAINS AND/OR COACHES

A. Official should offer the visiting team the opportunity of calling the toss of coin.

B. Note that the COACHES AND CAPTAINS MAY APPROACH THE UMPIRE AT HALFTIME OR AFTER THE GAME IF A CLARIFICATION OF RULES IS NEEDED. In some areas of the country, the officials approach the teams and ask if they have any questions. This is not necessary.

C. Officials should be cautious when considering the continuation of a game when weather conditions become a factor. Be sure to evaluate the situation with a safety first approach. Then consider the travel time and expenses, etc. involved for each team.

VII. UNIFORM

A. The goalkeeper's glove may not have webbing.

B. Officials must continuously evaluate items worn for medical reasons. An official should not permit anything on any player that the official deems potentially dangerous to the other players.

VIII. DURATION OF PLAY

A. A GAME IS CONSIDERED LEGAL AND COMPLETE IF 80% OF PLAYING TIME HAS ELAPSED.

1. If total playing time is 50 minutes, the game is considered legal after 40 minutes of playing time have elapsed.
2. If total playing time is 40 minutes (20-minute halves),

the game is considered legal after 32 minutes of playing time have elapsed.

3. If total playing time is 30 minutes (15-minute halves), the game is considered legal after 24 minutes of playing time have elapsed.

B. Officials should instruct the timekeeper to notify them at the beginning of the last five minutes of the game.

IX. SUBSTITUTION

A. Substitutes entering the game other than at halftime must report to both the scorekeeper and the official.

B. TIME OUT IS NOT TAKEN FOR SUBSTITUTIONS, AND THE TIME REQUIRED FOR SUBSTITUTION MAY NOT EXCEED TEN SECONDS. The official must count 10 seconds visually and/or audibly.

C. When a player is removed from the field for illegal substitution, the original player may return until the substitute follows legal procedures. If the original player is unable to return, the team will play short until legal substitution occurs.

D. If a team is forced to play with less than 12 players, the opposing coach should not feel a need to equalize the numbers by removing the coach's player(s) from the field.

X. START OF THE GAME

A. Players may cross the center circle when the official says the word "DRAW."

B. When a free position is to be awarded for an illegal draw, the center awarded the free position remains on the center line. The opposing center is placed 4m. (4.4 yds.) ahead and to either side at an angle of 45° to the center line. The opponent is goal side.

C. When a player is cautioned for an illegal draw, be sure the other official(s) know.

D. THE OPPONENTS EACH STAND WITH ONE FOOT TOEING THE CENTER LINE.

1. The foot should be perpendicular to the center line.

E. When placing the ball between the backs of the crosses, the official should have both crosses upright, with the woods together at the bottom; the ball should be dropped down between the crosses.

The unfair procedure of placing the ball on the back of one crosse and then turning the crosse upright is now eliminated.

F. ALL OTHER PLAYERS' FEET MUST BE OUTSIDE THE CENTER CIRCLE UNTIL THE WORD "DRAW."

1. This does not prohibit a player from hanging her/his crosse into the circle.

2. Remember: A PLAYER MUST NOT DETAIN AN OPPONENT AT ANY TIME BY HOLDING OR PRESSING AGAINST HER BODY, CLOTHING, OR STICK WITH AN ARM, LEG, BODY OR CROSSE (Rule XVIII-A2)

G. The official in charge of the game administers the draw and is responsible for fouls committed by the players taking the draw.

H. The words "ready, draw" indicate the start of play. The official, as she/he moves backwards out of the circle, should vary the time interval between the words "ready" and "draw" to avoid anticipation of the signal to play.

I. The other official(s) is responsible for fouls committed by all other players.

XI. SCORING

A. After a shot from close to the goal circle, watch closely the player's follow-through and body movement – whether or not the ball goes into the goal cage. If the ball does enter the goal legally, hold the whistle a little longer to watch for any goal circle violations.

B. Officials should know prior to the start of the game if a tie game needs to be played off.

XII. STAND

A. Officials must insist that *all* players stand when the whistle blows. This includes the goalkeeper.

B. Players cannot reposition to gain additional freedom or to recover from losing an opponent.

C. Unless the official changes the location of a player, play should be restarted with the situation as it was prior to the whistle.

XIII. OUT-OF-BOUNDS

A. Out-of-bounds should be whistled as soon as the *ball crosses* the agreed-upon boundary.

B. Officials should make every effort to determine whether one player is nearer the ball. "Nearer" indicates any part of the person's body being closer to the ball and is not measured in inches or steps.

C. In most instances, the official should know to whom she/he is awarding the ball prior to blowing the whistle.

D. In some cases, it would be prudent to call the out-of-bounds sooner where it is evident that the players cannot catch up to the ball.

E. On a field where agreed boundaries behind the goal are less than 8m. and a player must be moved 8m. to the side of the goal, all players attempting to play the ball at the time

it went out-of-bounds may also be moved in their same relative position.

F. Officials need to watch an out-of-bounds play developing and make sure that in repositioning a player with the ball that the official does not penalize other players relative to the ball.

XIV. THE THROW

A. Officials need to be careful not to take a throw where other players might interfere with its administration or where the official might be used as a pick in ensuing play.

B. When administering a throw, the official should position all players and her/himself in accordance with the rules. The official should get set with an arm extended to the extreme of her/his backward motion. The word "play" and the forward motion of the ball (arm) should be simultaneous. The flight of the ball should be as described in the rules.

C. If the ball is not touched by either player, the throw should be repeated even if the official made a good toss.

XV. ACCIDENT, INTERFERENCE OR ANY OTHER INCIDENT

No comment

XVI. BALL LODGED IN CLOTHING OR CROSSE

No comment

XVII. DEFENDING WITHIN THE GOAL CIRCLE

A. Any ball resting on the goal circle line belongs solely to the goalkeeper or someone deputized for the goalkeeper.

B. The goalkeeper or a deputy may step on but not over the goal circle line and still be considered "in the goal circle."

C. The ball MUST BE CLEARED WITHIN TEN SECONDS AFTER IT HAS ENTERED THE GOAL CIRCLE. This 10 seconds refers to the amount of time the ball remains within the goal circle and not the time it is in the crosse.

D. The official may wish to use a visible hand signal to count the 10 seconds that the ball remains in the goal circle, especially if the play involves an interchange of goal defenders.

XVIII. FOULS

A. FIELD FOULS. A player must not:

1. ROUGHLY OR RECKLESSLY CHECK/TACKLE ANOTHER PLAYER'S CROSSE.

a. Officials should be alert to a large swing with the head of the crosse, slipped hands, and an unbalanced body position.

b. Sound should not necessarily be a factor in determining a rough check.

c. Officials should be alert to the direction and dura-

tion of the follow-through. An uncontrolled follow-through invariably is a rough or dangerous check.

d. Officials should be aware of poor or stationary positioning of the feet on the part of the defense which may lead to rough play.

EXAMPLES OF POOR POSITIONING:

1. Attempting to check in front of the attacking player when the defending player's feet are behind the attacking player.
2. Attempting to check a moving player when the feet are standing still.
3. Officials should look for space between the defender and the attacker.

e. Checking the butt end or handle of the crosse is legal as long as it meets all other criteria.

f. Be alert to the effect the check is having on the attack player. Is the check intimidating the attack player or is the attack player being safely stopped?

g. No player's face should be threatened by a defender's crosse, but no defense should be penalized when the attacking player brings her/his own crosse into the defender's crosse, thereby checking her/himself.

h. Any time a player's face or throat is threatened, the whistle should be blown immediately. This is not a "hold whistle" or "slow whistle" situation. Checking across the face or throat of a player is dangerous regardless of whether contact results or not.

2. DETAIN OR BLOCK AN OPPONENT AT ANY TIME BY HOLDING OR PRESSING AGAINST HER BODY, etc.

a. NO PLAYER'S FACE MAY BE THREATENED BY A DEFENDER'S CROSSE. This is not a "hold whistle" or "slow whistle" situation.

b. NO DEFENDER WHO IS LEVEL WITH OR BEHIND MAY REACH OR HOLD HER CROSSE AROUND THE FACE OR THROAT OF AN OPPONENT. This is not a "hold whistle" or "slow whistle" situation.

c. Officials should see space between the attacking and defending players.

d. A player's uniform is considered part of the player's body.

e. Picks are legal as long as blocking or charging does not take place.

f. Body checking is allowed.

1. Officials should notice the body checking position when determining a rough check.

3. CHECK/TACKLE AN OPPONENT'S CROSSE WHEN SHE IS TRYING TO GET POSSESSION OF THE BALL.
   a. Officials should look for the ball to be in contact with the crosse. The player does not have to be in control of the ball. The check is legal if the crosse contact is simultaneous with the ball contacting the crosse.
4. CHARGE, SHOULDER OR BACK INTO AN OPPONENT.
   a. This implies motion toward an opponent with body contact.
5. PUSH AN OPPONENT OFF A BALL OR GUARD A GROUND BALL WITH HER FOOT OR CROSSE.
   a. This rule does not prohibit a player from stopping a rolling ball by placing the crosse over the ball.
   b. Officials should watch for a player using the hips to block out a player.
   c. Officials are generally conscious of this type of fouling when the ball is on the ground and should now concentrate on being more alert to aerial ball fouls.
   d. Officials should call any pushing which causes the opponent to be moved off her/his path to play the ball. Incidental contact caused when two players are moving for the same ball should be permitted.
6. GUARD THE CROSSE WITH AN ARM.
   a. Guarding the crosse with the arm is not to be confused with the natural running movement of a free arm when handling the crosse with one hand.
7. TRIP AN OPPONENT.
   a. Officials should call tripping whether it is accidental or intentional.
8. TOUCH THE BALL WITH HER HAND, etc.
   a. No comment
9. ALLOW ANY PART OF HER BODY, DELIBERATELY OR OTHERWISE, TO IMPEDE, ACCELERATE OR CHANGE THE DIRECTION OF THE BALL TO HER OWN TEAM'S *DISTINCT* ADVANTAGE.
   a. The advantage is determined by the proximity of the nearest opponent and the proximity of the goal.
10. PROPEL THE BALL OR FOLLOW THROUGH WITH HER CROSSE IN A DANGEROUS MANNER AT ANY TIME.

a. A shot is possibly uncontrolled and therefore potentially dangerous when:
   1. the top hand is slipped
   2. the shot is off balance
   3. the ball is batted at the goal
   4. the ball is hurled at the goal
   5. the player shoots blindly
   6. it is a hard rising underarm shot
   7. the shot is directed with unnecessary force

11. SHOOT DANGEROUSLY, etc.
    a. A high shot is not necessarily dangerous.
    b. A player is not penalized if a tackle causes the shot to become uncontrolled.
12. THROW HER CROSSE IN ANY CIRCUMSTANCE.
    No comment
13. TAKE PART IN THE GAME IF SHE IS NOT HOLDING HER CROSSE.
    No comment
14. DRAW ILLEGALLY
    a. A player may not lay back the crosse before drawing up and away.
    b. Toeing the line means the player's foot is at right angles to the center line. The foot may not be over the line.
    c. The draw is illegal if one player draws too soon.
    d. The draw is illegal if no attempt is made to draw up and away.
    e. When it is impossible to identify who committed the foul, the draw is taken again.
15. GUARD THE GOAL OUTSIDE THE GOAL CIRCLE SO AS TO OBSTRUCT THE SPACE WITHIN THE SHOOTING LANE.
    a. Officials should be alert to why a defender is positioned in the shooting lane.
16. INTENTIONALLY DELAY THE GAME.
    No comment

B. GOAL CIRCLE FOULS
   No comment

C. MISCONDUCT AND SUSPENSIONS
   1. Once an official has decided to warn ("card") a player, the official should blow the whistle and signal for the clock to be stopped.
   2. A yellow warning card will then be shown to the player. STATE, "This is a warning on number _____ for. . ." (statement of foul)

3. A free position is awarded on a spot determined by the official.
   a. No free position should be awarded nearer than 8m. (8.8 yds.) to the goal.
   b. If a penalty is awarded after a goal, a free position at the center line will begin play rather than a draw.
   c. If the misconduct foul occurs during half-time, the half will be started with a free position at the center line rather than a draw.
   d. If the misconduct foul is called against the coach or team follower, the free position will be given on the spot where the ball was when the game was stopped.
4. If a player has been warned and a free position awarded for a foul leading to suspension, do not hesitate to suspend the player, but be sure the player understands the call.
5. When a player is suspended, the player may not play for the remainder of that game nor may a substitute enter the game for the suspended player. Remember, it is the player who is suspended, not the position.
6. It is the officials' responsibility to see that the warning is recorded in the scorebook.
7. Officials must be certain that when they card a player, the infringement has in fact been malicious, intentional or flagrant.

XIX. PENALTY FOR FOULS

A. PLACEMENT OF PLAYERS

If, in moving a player who is to take a free position, other players who are not moved put the player at a disadvantage, they should be moved so their relationship at the time of the foul is the same.

1. Be sure the goalkeeper also stands. The goalkeeper may not move in her/his goal circle if the goalkeeper is outside.
2. No comment
3. No comment
4. No comment
5. No comment
6. THE FREE POSITION NEAR THE GOAL CAN BE MEASURED IN ANY DIRECTION AT THE DISCRETION OF THE UMPIRE, ACCORDING TO THE NATURE OF THE FOUL.
   a. An inconsequential foul should not be penalized by awarding a free position which would result in a play or goal.

7. Be sure the player taking the free position gains an advantage.
8. Anticipate play and position yourself so you are not in a player's way, but will not be left behind the play.
9. When a player fouls on the draw or a throw, caution the player once. If the player fouls on the repeat, award a free position to the opponent.

B. RESUMPTION OF PLAY
1. An official should only use the whistle to stop play and to indicate a goal.
2. The whistle to indicate a goal scored should be slightly longer than the whistle used to indicate a foul.
3. If time-out has been called, the official should use an arm signal and the word "play" when restarting play (the clock).

XX. UMPIRES, SCOREKEEPERS AND TIMEKEEPERS

A. The center/field official(s) will:
1. No comment
2. SEE THAT TIMEKEEPER AND SCOREKEEPER UNDERSTAND THEIR RESPONSIBILITIES.
   a. Officials should instruct the timekeeper to follow the official(s) on the field for the last 30 seconds of the game and to count down the last 5 seconds.
3. No comment
4. No comment
5. No comment
6. No comment
7. No comment
8. No comment
9. No comment
10. During the last 30 seconds of each half, both officials should carefully watch the scoring end to assist each other in determining a goal.

B. HOLD WHISTLE

No comment

C. SLOW WHISTLE
1. Put your hand on the flag when attack has the ball from the critical shooting area to the end boundary.
2. Throw the flag 3-5 feet above your head so all can see. This is a help to the official. Attacking team sees the flag and knows to go to goal. This makes the end of a scoring play easier to determine.
3. When administering a free position (where foul occurs), allow one defense player to come with the attack player taking the free position. Defense must still be 4.4m. away.

4. To make the call, blow your whistle, award the ball to the attack player closest to the point of the foul, and pick up your flag. Without unusual delay, take time to run the game the way you want. Be efficient – do not rush.
5. The official always has the option to immediately stop play that is dangerous or causing tempers to flare even though a scoring play is in progress. If the attack maintains possession and the defense has stopped the attack's progress by continually fouling, then blow your whistle.

XXI. DEFINITION OF TERMS

No comment

XXII. MANUFACTURER'S SPECIFICATIONS

No comment

QUESTIONS AND ANSWERS ON LACROSSE

1. How may an umpire detect a crosse with an illegal depth (pocket)?
   When the crosse is held horizontally, no more than half of the ball is allowed below the bottom of the wood. (Rule 1, The Crosse; Rule 22, Manufacturer's Specifications)

2. Is a crosse with a totally molded head legal?
   No. The crosse must be approved by the national governing body. The USWLA Manufacturer's Specifications require a crosse to have a guard of woven or synthetic material on the left side of the bridge. Totally molded heads are illegal. (Rule 1, The Crosse; Rule 22, Manufacturer's Specifications)

3. May a player wear a men's lacrosse glove?
   No. No protective clothing other than a close fitting glove is allowed. The glove is not to increase the size of the hand. A men's lacrosse glove, ice hockey glove, softball and baseball gloves are illegal. (Rule 7, Uniform)

4. What protective equipment may a goalkeeper wear?
   The goalkeeper may wear leg pads, a body pad, a face mask, a protective hat and close fitting gloves. (Rule 7, Uniform)

5. If a player is suspended from the game may a substitute enter the game in the player's place?
   No. Substitution only takes place when an accident or injury occurs. (Rule 9, Substitutions; Rule 18C, Misconduct and Suspensions)

6. Does the umpire blow the whistle to begin the draw at the start of the game?
   No, the words "Ready, Draw" are called to begin the game and the second half. The whistle is used to stop play, not to begin it. (Rule 10, Start of the Game)

7. The center, preparing to take the draw, takes it before the umpire says "Ready, Draw". Five goals later a different center on the same team does the same thing. What does the umpire do?
   Each person drawing illegally gets one warning per game before the other team is awarded a free position. Since the second center is committing her/his first foul on the draw, she/he should receive a warning and the draw should be taken again. (Rule 10, Start of the Game. Draw)

8. The right attack wing is running to goal. The opposing left defense wing is desperately trying to catch up on the player's left. To slow the attack wing down, the defense wing reaches across the player's face with her/his crosse but does not touch the player. What should the umpire do?
This is illegally detaining an opponent (crosse held in the face) and the whistle should not be held. The umpire should give a free position to the attack wing with the defense wing placed 4m. away to her/his left and back in the direction from which the player approached. (Rule 18, Field Fouls)

9. The coverpoint is waiting for the second home with the ball to come towards the player. As the second home approaches, the coverpoint beings to move straight backwards to body check. There is contact between the two players. What is the umpires call?
Free position defense. The coverpoint had already established her/his path. Even though the coverpoint was not stationary, the second home must attempt to move sideways and go around, not through, the coverpoint. The second home is charging. (Rule 18, Field Fouls)

10. When should the umpire blow the whistle to stop play on an out-of-bounds ball?
When the ball crosses the boundary line agreed upon by captains, coaches and umpires prior to the game. (Rule 13, Out of Bounds)

11. The blue team is ready to start the game with 12 players on the field. The red team has only 10 players on the field. May the game be started?
Yes, 12 players constitute a full team but the rule says nothing about a minimum number. (Rule 5, The Teams)

12. If a defense player at midfield area moves into the path of a player with the ball and the defender is (trampled) run into, whose foul is it?
Time is important to determine who fouled whom. If the defender had established her/his position, forcing the attack to dodge or change her/his path, then the attack fouled. However, if the defender moved into the path of the attack without giving the attack time to change direction, then blocking is called and the defense fouled.

13. What is the call if the ball is shot by a free attack player with a long bouncing shot. The shot hits the head of a dog that is ap-

8.)

proximately 7½ yards from the center of the goal and deflects into the goal.

A goal is not scored when the ball is put through the goal by a non-player. (Rule 11, Scoring)

14. Two players of opposing teams are running for a ground ball. One player, who is a step ahead, intentionally flips the ball out-of-bounds. To whom is the out-of-bounds ball awarded?

To the player closest to the ball. (Rule 13, Out of Bounds)

LACROSSE STUDY TEST

United States Women's Lacrosse Association

PART I

Indicate Legal Play (L) or Illegal Play (I) in the space provided.

____1. A player detains an opponent by pressing against the opponent with her/his own crosse.
____2. When taking a draw, a player makes no attempt to draw the crosse up and away.
____3. A goalkeeper runs out of the goal circle to field a ground ball, then rolls it from her/his crosse into the goal circle and follows it in.
____4. A goalkeeper reaches out of the goal circle with the crosse and brings the ball into the goal circle. No part of the goalkeeper's body is grounded outside the circle.
____5. A player places a hard, well-controlled shot in the upper right corner of the goal. The goalkeeper is positioned away from this area.
____6. A player protects her/his crosse by backing into an opponent. There is body contact.

PART II

Place the letter of the correct answer in the space provided. Each number has only one correct answer.

A. 1m = 1yard	E. 70 minutes
B. 50 minutes	F. 4m. = 4.4 yards
C. 10 minutes	G. 10 seconds
D. 9m = 10 yards	H. 5 minutes

1. For representative matches, the playing area should include a distance of _____ behind each goal line.
2. No player is allowed within _____ of the player taking a free position.
3. Players taking a throw should stand _____ apart.
4. The maximum amount of time a player within the goal circle has to clear the ball is _____ .
5. No throw may be taken within _____ of the agreed boundary.

PART III

On the first line, use the abbreviation indicating the most specific correct answer from Key 1. On the second line, use the abbreviation to indicate the proper following game procedure from Key 2.

Key 1	Key 2
L = legal	FPG = free position inside goal circle
I = illegal	FPA = free position attack
NG = no goal	FPD = free position defense
DF = double foul	PC = play continues
G = goal	D = draw
TO = time out	RD = repeat draw
	T = throw

___1. The goalkeeper, while out of the goal circle, passes the ball to
___ a teammate who has taken her/his place in the goal circle.

___2. One warning for an illegal draw by a defense player has been
___ given. This player, on the next attempt to draw, pushes the crosse out, causing the ball to go directly to a teammate. The ball remains just above hip level while in the air.

___3. An attack player shoots a controlled shot for goal. The ball
___ hits the umpire and crosses the goal line between the goalposts. Does the goal count (Key 1)? How is play restarted (Key 2)?

___4. An attack player shoots for goal. The ball rebounds from the
___ goalkeeper's crosse and comes to rest on the goal circle line. The goalkeeper is outside the goal circle. A teammate of the goalkeeper standing inside the goal circle picks the ball up with the hands.

___5. The goalkeeper has one foot on the goal circle line while
___ fielding the ball. The goalkeeper runs back behind the goal inside the goal circle and clears the ball.

___6. The goalkeeper is in the goal circle. The point draws the ball
___ out of the goal circle, keeping both feet outside the goal circle.

PART IV

Write the letter T for a *true* statement and the letter F for a *false* statement.

____1. No more than one-half the ball is allowed below the bottom of the wood when the crosse is held horizontally.
____2. Time-out is taken for a broken crosse.
____3. An umpire need not enforce any rule when this would penalize the non-offending team.
____4. When the ball goes out-of-bounds, the umpire blows the whistle and the players must "stand." The goalkeeper, if out of the goal circle, may return.
____5. No penalty is imposed when an uncontrolled and dangerous shot misses the goal.
____6. When two opposing players are equally near a ball which has gone out-of-bounds, a free position is awarded.

Answers to Study Questions

Part I	Part II	Part III	Part IV
1. I	1. D	1. L PC	1. T
2. I	2. F	2. I FPA	2. T
3. L	3. A	3. NG T	3. T
4. L	4. G	4. L PC	4. F
5. L	5. F	5. L PC	5. F
6. I		6. I FPA	6. F

RULES OF SEVEN-A-SIDE LACROSSE* 1976

1. The crosse shall not exceed 1.22 meters (4 feet) in length; .23 meters (9 inches) in width and 7cm. (2.75 ins.) in depth. The maximum weight shall be 567 grammes (20 oz.). No metal of any kind shall be allowed on the crosse.
2. The ball shall be rubber; not less than .200 meters (7¾ ins.) nor more than .203 meters (8 ins.) in circumference. It shall weigh not less than 135 grammes (4.75 ozs.) and not more than 149 grammes (5.25 ozs.). It shall be of a very low bounce.
3. The playing area has no measured boundaries. Ideally the area should be 33.528 meters (110 ft.) minimum to 36.576 meters (120 ft.) maximum, by 15.240 meters (50 ft.) minimum to 21.336 meters (70 ft.) maximum. The goals shall be 30 meters (110 ft.) apart. There shall be a circle of 2 meters (6 ft.) radius in the center of the playing area.
4. The goals shall consist of a ring .610 meters (2 ft.) in diameter with a net attached, fixed on a post. The top of the ring must be 2.4 meters (8 ft.) above the ground and the ring inclined at an angle of 45 to the vertical. The netting shall not be more than 4 centimeters (1½ ins.) mesh.
5. Seven players shall constitute a full team, one of whom shall act as captain. (See diagram for positions.)

POSITIONING OF TEAMS

Home Straight Defence

Right Defence — Left Defence

Left Attack — **Right Attack**

Centre

Centre

Right Attack — Left Attack

Left Defence — **Right Defence**

Home Straight Defence

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6. The captains' responsibilities are:
   a. to toss for choice of end or first pass.
   b. to agree on the playing time with the umpire.
   c. to agree on the boundaries with the umpire.
   d. to designate umpires if there be no umpire.
   e. to indicate a substitute for an injured player.
   f. to confer with the umpire if conditions make the continuation of play questionable.
7. *Duration of play.* The playing time shall be four 10-minute quarters (or such time as shall be agreed upon by the captains). Players shall change ends between quarters.
8. *Substitution.* Substitution only takes place when an accident or injury occurs which, *in the opinion of the umpire,* prevents a player from taking any further part in the game. After substitution has taken place an injured player may not take any further part in the game. If the player is incapacitated for longer than 5 minutes, the game is restarted without the player. The player may only return with the umpire's permission and if no substitute has taken the player's place.
9. *Start of the game.* No part of an opposing player may be grounded inside the circle until the ball has been thrown. The game shall be started by a center player having the ball in the circle and on the word "play" throwing it before the player leaves the circle. A goal cannot be scored for a center pass.
10. *Method of scoring.* A goal shall be scored by the ball passing through the ring (goal) from in front and going into the goal net, having been propelled by the crosse of an attacking player or the crosse or person of a defending player. No center may score directly from the center.
11. INCIDENT UNRELATED TO THE BALL
    If the game has to be stopped due to any incident unrelated to the ball at the time the whistle was blown, the game should be restarted by the ball being given to the player who was in possession, or nearest to it, at the time play was stopped. If two players are equidistant from the ball, a throw is taken.
12. STAND
    The ball is "dead" when the umpire blows the whistle and no player may move, unless directed by the umpire, until the game has been restarted. The umpire directs any player who moves to return to the player's original position.
13. OUT-OF-BOUNDS
    When the ball goes out-of-bounds, the umpire blows the whistle and the player must "stand."
    a. When one player is nearest the ball: the nearest player takes the ball in the crosse from the place where the ball went

out, stands 1 meter inside the agreed boundary and on the word "play" the game proceeds.

b. When two opposing players are equally near the ball: a throw is taken.

14. THE THROW

The two players must stand at least 1 meter (1 yard) apart and each is nearer the goal she/he is defending. The umpire stands between 4 and 8 meters (4.4 and 8.8 yards) from the players, and on the word "play" throws the ball toward the game with a short high throw so that the players take it as they move in toward the game. No throw may be taken within 4 meters of the goal or 1 meter of the agreed boundary. No player may be within 4 meters of the player taking the throw.

A throw is taken when:

a. rule 13 b, the ball goes out-of-bounds.
b. rule 15, there is an incident unrelated to the ball and players are equidistant from the ball.
c. rule 16 a, a ball lodges in clothing or a crosse.
d. rule 19, two players foul simultaneously.
e. the game is restarted after an accident related to the ball unless the accident has been caused by a foul.
f. the ball goes into the goal off a nonplayer.
g. the game is stopped for any reason not previously mentioned.

15. BALL LODGED IN CLOTHING OR CROSSE

When the ball lodges:

a. in the clothing of the player: a throw is taken.
b. in the crosse: the crosse must be struck on the ground and the ball dislodged immediately, otherwise a throw is taken where the player caught the ball.

16. DEFENDING THE GOAL

A player may not defend the goal by placing her/himself or the stick in front of the goal, but may intercept a shot while moving across the goal. Should a defending player place her/himself in front of the goal and intercept a shot while stationary, the umpire will award a *free shot* to the attack, to be taken from the place where the original shot was made. The defending player *will not* be penalized for such an interception if the player is closely marking or bodychecking an opponent who is positioned in front of the goal. In the case of a free shot the defense may not make any attempt to intercept.

17. FOULS

A player must not:

a. roughly or recklessly check/tackle another player's crosse.
b. detain an opponent at any time by pressing against the opponent's body or stick with an arm, leg, body or crosse.

free position, the umpire may also warn the offending player and then may, on further offense, suspend the player from participation in the game.

N.B.: ALL DECISIONS GIVEN BY THE UMPIRE SHALL BE FINAL AND WITHOUT APPEAL.

The umpire shall refrain from putting any rule into effect in cases where the umpire is satisfied that by enforcing it she/he would be penalizing the non-offending team.

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c. check/tackle an opponent's crosse when trying to get possession of the ball.
d. charge, shoulder or back into an opponent, or push with the hand.
e. push an opponent off a ground ball, or guard a ground ball with the player's foot or crosse.
f. guard the crosse with an arm.
g. trip an opponent
h. touch the ball with the hand.
i. allow any part of the player's body, deliberately or otherwise, to impede, accelerate or change the direction of the ball to the advantage of the player's own team.
j. propel the ball in a dangerous or uncontrolled manner at any time.
k. throw the crosse in any circumstances.
l. take any part in the game if the player is not holding her/his crosse.

18. PENALTY

The penalty for a foul is a "free" position. In the event of two players fouling simultaneously a throw is taken.

FREE POSITION

All players must "stand." The umpire indicates where the player taking the free position is to stand. No player is allowed within 4 meters of the player taking the free position. If anyone is within this distance she/he must move to a position indicated by the umpire. The player awarded the free position then takes the ball in the crosse and on the word "play" from the umpire the game proceeds, that is, the player may run, pass or shoot. The free position must not be taken within 4 meters of the goal, but can be measured in any direction at the discretion of the umpire, according to the nature of the foul. If the foul prevented an almost certain goal, the umpire can order any player or players from between such free positions and the goal.

19. THE UMPIRE

There shall be one umpire. The duties of the umpire shall be to enforce the rules, keep time and record the score. Before the match the umpire will see that the ground, goals, ball, etc. are in accordance with the rules. The umpire will allow the full or agreed playing time at the end of which the umpire will whistle and call time. In the case of an accident or stoppage for any other reason, the umpire shall suspend the game noting the time lost, which shall be added to the end of the quarter during which the accident occurs. The umpire will play the advantage rule/hold the whistle, and note rough or dangerous play, misconduct or unsportsmanlike behavior. In addition to awarding a

USWLA UMPIRING CODE

I. Statement of Philosophy

An umpire is an integral part of the freedom, flow and spirit of the game of lacrosse. To gain the respect of players, coaches and spectators, it is necessary that the umpire have an in-depth knowledge of the game, personal integrity and the ability to maintain sustained physical effort. The umpire must also be concerned with encouraging the highest possible level of play and sportsmanship. The umpire should be concerned with the promotion and education of umpires and thereby the elevation of umpiring standards. The ultimate challenge of officiating lacrosse is in leaving the game with the players.

II. All USWLA Rated Umpires

A. shall hold a USWLA dues paying membership.
B. must pass the written examination every year at the level of their current rating. If they do not, they must take the practical that year.
C. shall keep updated with current umpiring techniques.
D. shall assist their local association in judging umpires.
E. shall attend an annual meeting early in the lacrosse season to go over rule changes, interpretations and techniques of officiating.
F. shall wear the approved umpiring uniform (navy or black skirt with a vertically striped shirt or jacket–minimum width of the stripe is to be one inch).
G. should arrive 20 minutes prior to a game to:
    1. inspect goals and nets.
    2. appraise the field situation (lines, boundaries).
    3. talk with other umpires about their interactions on the field.
    4. review the duties of the timer and scoreskeeper with them.
    5. meet with the captains.
    6. inspect all crosses.
    7. check goalkeeper's equipment.
    8. inform captain/coach if there are questions they should ask during half time.
H. shall officiate with empathy to the players–remember, lacrosse is a fluid game but do not sacrifice control or consistency.
I. should try not to accept games where they have a personal connection with their school.
J. shall be consistent and impartial in their calls.

K. should remember that they are professionals and their attitudes and actions toward the other umpire, coaches and players must reflect this.

III. National Umpiring Committee

A. Membership

1. The USWLA Umpiring Committee shall consist of six members-at-large plus a chairperson. They shall be joined by representatives appointed annually by each of the Districts.
2. Members-at-large shall hold a National or International rating. District representatives shall hold a minimum of a District rating.
3. Members-at-large shall be appointed by the USWLA president, upon the recommendation of the USWLA umpiring chairperson, for a two-year term of office, effective June 15. No more than three members-at-large should rotate off the committee at one time.
4. The USWLA president may also appoint consultants to the umpiring committee as she sees fit (i.e., rules committee chairperson). The consultants are non-voting members of the committee.
5. In the event of a vacancy, the USWLA umpiring chairperson, with USWLA presidential approval, may appoint someone to fill the unexpired term.

B. Umpiring Chairperson

1. Recommendation(s) for chairperson shall be submitted to the USWLA president by the umpiring committee no later than the April meeting prior to the year of service. She shall assume her duties on June 15.
2. The chairperson shall serve for two years.
3. In the event of a vacancy in the chair, the umpiring committee shall make recommendations to the USWLA president who shall immediately appoint a new chairperson.

C. Responsibilities of the National Umpiring Committee

1. Determine all policies relating to umpiring, subject to the approval of USWLA Executive Committee.
2. Provide direction and services for District and Local umpiring committee as well as for lacrosse camps wishing to award USWLA ratings.
3. Aid new areas in rating officials.
4. Prepare the written examination by December.
5. Establish standards and procedures for the rating of umpires subject to periodic review.

6. Establish criteria for officials' ratings and make recommendations periodically for necessary changes.
7. Prepare study questions for the official *Lacrosse Guide*.
8. Periodically revise any technical materials on umpiring which are available for use at clinics, workshops, or in *USWLA Guides* or *Manuals*.
9. Assist the chairperson with the preparation of umpiring and judging schedule for the National Tournament.
10. Consider for approval the extension for one year only of International, National and District ratings when candidates are unable to be judged due to service to USWLA in other areas, or bona fide extenuating circumstances. An extension may not be renewed. With approval of the USWLA Umpiring Committee, application for renewal of an International or National rating may be made for a time other than at National Tournament.
11. Hold mandatory workshops as needed to aid in standardizing umpiring in USWLA.
12. Establish examination fees subject to final approval of the USWLA Executive Committee.
13. Select umpires for all matches involving U.S., U.S. Reserves, or U.S. Squad teams. These should be selected from a list of International Umpires in consultation with the U.S. Squad.

D. Responsibilities of the National Umpiring Chairperson
1. Serve for two years.
2. Serve as a consultant on the umpiring committee for one year after the expiration of her term as Chairperson.
3. Serve as a non-voting member of the USWLA Executive Committee.
4. Serve as a non-voting member of the USWLA umpires.
5. Keep an up-to-date record of all USWLA umpires.
6. Keep an accurate listing of all International and National umpires, including dates ratings were received, renewal dates and other pertinent activities (e.g., Tours, International games umpired, meritorious citations).
7. Oversee the disbursement of umpiring materials (rating sheets, written examinations, technical materials) to all District and Local boards and camps as needed or requested.
8. Oversee the selection of umpires for any U.S., U.S. Reserve, or U.S. Squad games.

9. Circulate all information about National Tournament to her committee.
10. Assign and coordinate the umpires for National Tournament. She should receive by *May 1* from each district the names of umpires attending the National Tournament for the purposes of (1) being rated (National or International), (2) judging candidates, and (3) umpiring games.
11. Be certain that each District supplies enough umpires to the National Tournament to cover one more than the number of teams that district sends to the tournament.
12. Annually circulate a list of all rated officials to each District and Local chairperson.
13. Waive any policy at any time with the approval of the USWLA Umpiring Committee.

E. Responsibilities of District/Local Umpiring Committees
1. Annually administer to all umpires the written examination.
2. Coordinate the judging of officials during practical examinations.
3. Provide clinics for new officials.
4. Consist of 3-5 members plus a chairperson who should have a National rating.
5. Request the service/aid from the USWLA Umpiring Committee as needed.
6. Assist the chairperson with preparation of umpiring and judging schedules for the District/Local Tournament.
7. Consider for approval extending for one year any umpire's rating who, in the committee's judgment, has not met the criteria for the rating that year.
8. Consider a request for a one-year extension of a rating because of extenuating circumstances (e.g., pregnancy, illness, family death). Extensions are for one year and are not renewable.

F. Responsibilities of District/Local Umpiring Chairperson
1. Serve for two years.
2. Keep up-to-date records of all officials holding ratings within her jurisdiction.
3. Request emblems and certificates for new or re-rated officials from the National chairperson by *May 1* of each year.
4. Send to the USWLA treasurer, by *May 20* of each year, money for each written examination administered to officials taking a rating.

5. Submit a complete report of names, addresses and phone numbers of all officials in her association, along with rating and date of expiration to the National umpiring chairperson by *June 1* of each year.
6. Submit to the National umpiring chairperson by *May 1* the names of officials who will be umpiring at National Tournament and indicate which ones are to be rated for a National rating, International rating, judging or umpiring. She must submit enough umpires to provide one more than the number of teams that district is sending to the National Tournament.
7. Call and conduct an annual meeting early in the lacrosse season for the purpose of clarifying rules, interpretations and umpiring techniques.
8. May submit to the National umpiring chairperson the name of any qualified umpire wishing to be a candidate for an International rating. Notification should be received by *May 1*.
9. Be sure that all unsuccessful candidates receive a constructive written or verbal follow-up from their judging committee spokesperson.

IV. National Tournament Umpiring/Judging Policy

A. Each district will send umpires to National Tournament which number one more than the number of teams its district sends to National Tournament. These umpires must have a minimum of District rating and will be assigned by the national umpiring committee. These umpires need not necessarily be members of that district. They may be players or coaches but must be so designated.
B. No "new" Nationals will be rated on an 'A' rotation game or a college championship game. They will be rated on 'B' rotation or below.
C. All International ratings will be given on 'A' rotation games.
D. The umpires and judges will be assigned by the USWLA umpiring chairperson with her committee's approval.
E. All umpires at National Tournament should hold at least a District rating.
F. In years when members of the national umpiring committee are to be renewed, it seems prudent that these members be used only to judge *new* National officials.
G. No National umpire should rate new Nationals until she herself has been renewed once.
H. The national umpiring committee may consider extending for one year the rating of any National umpire who has not met the criteria for the National rating that year.

I. The national umpiring committee may ask other National umpires to assist with judging at National Tournament.
J. All unsuccessful candidates should have a constructive written or verbal follow-up from their judging committee spokesperson.
K. Any departures from existing umpiring policies or rules must be submitted in writing to the executive committee for approval at a meeting prior to the National Tournament.

V. Procedures for Approving Umpires for Tour

A. Applications and information concerning an upcoming tour must be circulated to all International umpires by the USWLA umpiring chairperson as soon as possible.
B. The applicants:
1. shall hold an International rating.
2. shall make written application to the USWLA umpiring chairperson.
3. shall have officiated at a National Tournament or an International match within two years prior to tour.
4. be approved by USWLA Executive Committee.

VI. Levels of Umpiring

Please realize that in addition to demonstrating the qualities listed for her current rating, an umpire should demonstrate all qualities listed for her advanced ratings. All umpires must pass the written examination each year at the level of their current rating. If they do not, they must take the practical that year.

A. *Local Umpire*
1. Theoretical Examination – 85% or above to be taken yearly.
2. Practical Examination – Approval of one National or one District and two local judges.
3. Rating is awarded for two years (in special cases–one year)

B. A Local Umpire should:
1. have a sound knowledge of the rules.
2. be able to recognize fouls and enforce the rules with little regard for holding the whistle.
3. have a strong whistle and a good voice.
4. have a sense of positioning.
5. begin to develop a fine line of interpretations of the judgment calls (dangerous shot, dangerous check, blocking, charging, etc.).
6. have a sense of confidence and be poised and pleasant.
7. make the players feel confident in her ability to call the game safely.

8. demonstrate good placement of players after a foul has been called – correct estimation of four meters, etc.
9. recognize boundaries and call consistently.
10. know how to check basic equipment, playing area and goal area.
11. be able to cope with unusual situations confidently and calmly.
12. adequately cope with situations, injury, etc.
13. be able to keep the game safe and for the players.

C. *District Umpire*
1. Theoretical Examination – 90% or above to be taken yearly.
2. Practical Examination – Approval of one National and two District judges on a district level game.
3. Candidate must have held a local rating at least one year or be recommended by the local umpiring board (local umpiring committee) to try for a District rating.
4. Initial ratings are awarded for two years. Renewals may be granted for a maximum of three years. *Note:* Number III, Section E-7 permits a committee to extend a rating for one year only if warranted.

D. A District Umpire should:
1. be able to react to the game and hold the whistle.
2. miss few calls.
3. leave little question in minds of players, etc., as to what the call was.
4. be able to position expertly in the field and at the goal circle.
5. be able to anticipate and prevent fouling situations from occurring.
6. be able to handle most problems which might arise and control any problems not immediately covered in the rules.
7. be able to interpret rules and regulations depending on skill and experience of teams.
8. be able to control the game effectively without being a noticeable part of the game.

E. *National Honorary* – New awards discontinued. Present Honorary umpires must umpire games (two) every three years at a National Tournament to remain "Active." Otherwise, the Umpire will be listed as "Inactive."

F. *National Umpire Emeritus* – This rating shall be awarded, upon recommendation of the national umpiring committee, to any National umpire who no longer will be actively umpiring at the national level but who are interested in train-

ing, rating and judging at all levels. The umpire is required to attend all clinics and local meetings as set up by her district as well as take the written test yearly. If she wishes to continue umpiring locally, she must meet the requirements as set up for practical renewal at whatever level (Local or District) she wishes to retain her rating.

G. *National Umpire*
   1. Theoretical examination – 92% or above to be taken yearly.
   2. Practical Examination – Approval of minimum of three National judges at a National Tournament. Candidate must be judged on a minimum of two games.
   3. Candidate must have held a District rating for two years or be recommended by the District Umpiring Committee to try for a National rating.
   4. Initial ratings are awarded for three years. Renewals may be awarded for a maximum of five years. *Note:* Number IV, Section H permits the committee to extend a rating for one year if warranted.
   5. A National umpire is required to judge at a National Tournament at least once during her initial three-year period. Thereafter, she is required to judge at least twice during the subsequent five-year renewal periods. Failure to fulfill this judging commitment will jeopardize her rating. *Note:* Judging assignments cannot be fulfilled in a renewal year.

H. A National Umpire should:
   1. be consistently good when using two umpires. (An umpire may choose to be renewed using a three-umpire system, in which case she should be judged on two games as the field official and one game as the goal circle official.)
   2. be alert, fast and in control of every level of the game.
   3. not be intimidated by player action or reaction and maintain a consistent atmosphere of control.
   4. be consistent in interpretations.
   5. be able to work efficiently with other officials.
   6. be capable of adapting to all methods of field coverage.
   7. help the player to learn the intent of the rules and to play within the framework of the rules.
   8. exude a mature type of quiet leadership.
   9. perform so as to set an example for other umpires. (Her evaluation on judgment calls should help set the standard for other umpires.)

I. *International Umpire*

1. Theoretical Examination – 92% or above to be taken yearly.
2. Practical Examination – Approval of a minimum of three National judges at a National Tournament. This International judging committee must judge all candidates on all games. Candidate must be judged on a minimum of two games as a field umpire, one game as a goal circle umpire (three-umpire system) and one game half field (two-umpire system). Games are to be 'A' rotation games. In addition, if a candidate chooses to renew her National rating or if her rating expires that year, a separate judging committee will be assigned.
3. Candidate must have held a National rating for a minimum of three years or the District committee may petition the national umpiring committee to waive the time requirement.
4. All applications should be made through the District Chairperson to the National umpiring chairperson.
5. Ratings are awarded for a maximum of three years.

J. An International Umpire should:

1. be able to competently officiate the three-person system in addition to the first levels of officiating.
2. have speed and be in top physical condition.
3. have anticipation and angled movement in relation to the play.
4. be able to expedite the enforcement of penalties and out-of-bounds as quickly as possible.
5. be able to handle unusual or unorthodox situations in a reasonable, poised and fair way.
6. be precise but not overbearing in voice and manner.
7. have the ability to work with goal circle officials and share the responsibility with one another.
8. know the International rules regarding the responsibility of each official.
9. meet all standards of goal umpiring as set forth in the Umpiring Code.
10. It is expected that an International umpire is supportive of the USWLA.

K. *Goal Umpire*

1. Theoretical Examination – 92% or above to be taken yearly.
2. Practical Examination – Approval of a minimum of three National judges at National Tournament. Must be judged on a minimum of two games.

3. Candidate must have held a District rating for one year.
4. Rating is awarded for three years. *Note:* Number IV Section H permits the committee to extend a rating for one year if warranted.

L. A Goal Umpire should:
1. be consistently accurate.
2. be able to anticipate play which will allow for flawless positioning.
3. be consistent in the correct position to see all goal circle fouls.
4. make decisions on goals and goal circle fouls quickly, accurately and confidently.
5. be confident.
6. be able to work efficiently with other officials.
7. be consistent in interpretations.
8. exude a mature type of quiet leadership.
9. be able to solve problems which might arise and fairly control any situation not immediately covered in the rules.

USWLA RULES QUESTIONNAIRE – 1979-1981

In order for the USWLA Rules Committee to gain input from all lacrosse playing areas, we need your help in reacting to current rules.

Please fill out this questionnaire after your season and return it to:

Barbara Konover
511 E. Mill Road
Flourtown, PA 19031

City where you coach or play: _____
Number of years that you have been in lacrosse: _____
Level of play that you coach: ☐ Association ☐ College ☐ High School ☐ Junior High
Level at which you play (ed): ☐ International ☐ Association ☐ Club ☐ College ☐ High School ☐ Junior High

	YES	NO	SOMETIMES	NO OPINION	NOT APPLICABLE
1. Was the procedure for checking and regulating the legality of crosses suitable for your level of play?	☐	☐	☐	☐	☐
2. Was it done consistently?	☐	☐	☐	☐	☐
3. Does the rule regarding the use of protective clothing (Rule VII) need further clarification? If yes, please make additional comment.	☐	☐	☐	☐	☐

_____

_____

_____

4. What was the length of your halves?_____ minutes					
5. Do you feel that by stopping the clock after each goal in the entire game and on every whistle in the last five minutes, the game is too long?	☐	☐	☐	☐	☐
6. Would you favor only stopping the clock after each goal?	☐	☐	☐	☐	☐
7. Would you favor only stopping the clock on every whistle in the last five minutes?	☐	☐	☐	☐	☐
8. In dangerous weather conditions, do you favor a game being considered legal and complete if 80% of playing time has elapsed?	☐	☐	☐	☐	☐
9. Do you favor replaying an interrupted game from the beginning?	☐	☐	☐	☐	☐
0. Do you agree with the whistle being used only to stop play?	☐	☐	☐	☐	☐
1. Would you like to have the whistle used to begin play as well?	☐	☐	☐	☐	☐
2. Do you feel that the arm signals used by the umpires are clear to timers, players, etc.?	☐	☐	☐	☐	☐

	YES	NO	SOMETIMES	NO OPINION	NOT APPLICABLE
13. Which substitution concept did your team use this season? ___ ___ ___ ___ A B C (describe other)					
14. Concerning Concept C (in #13):					
a. Do you favor no reentry in the same half?	☐	☐	☐	☐	☐
b. Do you favor the procedure for reporting to the scorer's table?	☐	☐	☐	☐	☐
c. Do you favor the timer sounding a horn at the first stoppage of play to notify the umpire of a substitution?	☐	☐	☐	☐	☐
d. Do you feel substitution should be permitted in case of overtime play?	☐	☐	☐	☐	☐
e. Do you feel substitution should be permitted in the last five minutes of play?	☐	☐	☐	☐	☐
f. Do you feel that 10 seconds is adequate time to allow for substitution?	☐	☐	☐	☐	☐
15. Do you agree with each opponent having one foot *toeing* the center line on the draw?	☐	☐	☐	☐	☐
16. Would you rather allow each opponent to have one foot *touching* the center line on a draw?	☐	☐	☐	☐	☐
17. Do you favor draw/tie games remaining as such?	☐	☐	☐	☐	☐
18. Did you have occasion to use the tie-breaking procedure this season? If yes, under what circumstances? _____	☐	☐	☐	☐	☐
19. Do you favor this tie-breaking procedure?	☐	☐	☐	☐	☐
20. Were out-of-bounds balls called before play became dangerous for those chasing the ball?	☐	☐	☐	☐	☐
21. Did your goalkeeper have difficulty clearing the ball within 10 seconds after it entered the goal circle?	☐	☐	☐	☐	☐
22. Should more time be allowed for the goalkeeper's clear?	☐	☐	☐	☐	☐
23. Was rough checking more consistently called this year?	☐	☐	☐	☐	☐
24. Do you feel there were fewer injuries because fouls were better called due to improved clarified rules?	☐	☐	☐	☐	☐
25. Was non-incidental bodily contact called more consistently?	☐	☐	☐	☐	☐
26. When the ball touched a player's body, do you feel that umpires were able to distinguish a *distinct* advantage?	☐	☐	☐	☐	☐
27. Do you think that *any time* the ball touches a player, the ball should probably be awarded to the other team?	☐	☐	☐	☐	☐

	YES	NO	SOMETIMES	NO OPINION	NOT APPLICABLE
28. Do the rules better clarify the dangerous shot?	☐	☐	☐	☐	☐
29. Did umpires call it consistently?	☐	☐	☐	☐	☐
30. Do you like the concept of the shooting lane?	☐	☐	☐	☐	☐
31. Did the inclusion of a shooting lane better clarify former problems that dealt with obstruction of shooting space?	☐	☐	☐	☐	☐
32. Do you favor having everyone cleared from the shooting lane on a free position?	☐	☐	☐	☐	☐
33. Did opponents gain unfair advantage when the shooting lane had to be cleared on free positions?	☐	☐	☐	☐	☐
34. Is the section on misconduct and suspensions (Rule XVIII-C) adequate?	☐	☐	☐	☐	☐
35. Was it invoked in any of your games this year?	☐	☐	☐	☐	☐
36. Do you feel the section on misconduct is too harsh?	☐	☐	☐	☐	☐
37. Were you involved in any forfeited games this season?	☐	☐	☐	☐	☐
38. On a free position, do you favor having both player and crosse at least 4m. away?	☐	☐	☐	☐	☐
39. Does the use of the slow whistle reduce deliberate fouling by the defense?	☐	☐	☐	☐	☐
40. Does the slow whistle discourage the use of fouls to prevent scores?	☐	☐	☐	☐	☐
41. Do you think the offense should have the opportunity to complete a scoring play when fouled?	☐	☐	☐	☐	☐
42. Does it seem fair to give a team a double chance to score?	☐	☐	☐	☐	☐
43. Was it fair (before the advent of the slow whistle) to give all the advantage to the defense? (With no penalty, the defense had all kinds of advantages.)	☐	☐	☐	☐	☐
44. Did the flag cause umpires to change their style?	☐	☐	☐	☐	☐
45. Was it difficult for umpires to determine when a scoring play had ended?	☐	☐	☐	☐	☐
46. Would you like to use the slow whistle again next year?	☐	☐	☐	☐	☐
47. Do you think it needs improving?	☐	☐	☐	☐	☐
48. Was the "Definition of Terms" (Rule XXI) clear and helpful?	☐	☐	☐	☐	☐
49. Do you favor the idea of having all lacrosse equipment approved by the USWLA to standardize its use in play?	☐	☐	☐	☐	☐

List any others that should be added.

_____

_____

_____

50. Please make any additional comment you feel necessary.

NAGWS GUIDES PUBLISHING SCHEDULE

ANNUALLY	Publishing Date
SYNCHRONIZED SWIMMING GUIDE	Jan. 1
SOCCER GUIDE and RULES REPRINT	Apr. 1
VOLLEYBALL GUIDE and RULES REPRINT	June 1
BASKETBALL GUIDE and RULES REPRINT	July 1
COMPETITIVE SWIMMING & DIVING GUIDE	Aug. 1
TRACK & FIELD GUIDE	Sept. 1
BIENNIALLY – EVEN YEARS	
SOCCER TIPS & TECHNIQUES	Apr. 1
**TENNIS GUIDE–ARTICLES	May 1
**BADMINTON–SQUASH–RACQUETBALL GUIDE–ARTICLES	May 1
GYMNASTICS GUIDE–ARTICLES	May 1
ARCHERY–FENCING GUIDE–ARTICLES	May 15
FLAG FOOTBALL–SPEEDBALL GUIDE–ARTICLES	June 1
FIELD HOCKEY GUIDE–ARTICLES	June 1
SKIING RULES	Sept. 1
LACROSSE GUIDE–ARTICLES	Sept. 1
BIENNIALLY – ODD YEARS	
BOWLING–GOLF GUIDE–ARTICLES	Jan. 1
TRACK & FIELD TIPS & TECHNIQUES–ARTICLES ONLY (not avail. 1979)	Jan. 1
SOFTBALL GUIDE and RULES REPRINT–ARTICLES	Jan. 1
**TEAM HANDBALL–ORIENTEERING GUIDE–ARTICLES	Apr. 1
BASKETBALL–VOLLEYBALL TIPS & TECHNIQUES–ARTICLES ONLY	July 1
AQUATICS TIPS & TECHNIQUES	Aug. 1

*Deliveries require up to six weeks after publishing date. If you wish to have *special handling*, request so from AAHPER Promotion Unit, 1201 16th St., N.W., Washington, DC 20036.
**Change-over effective for May 1, 1980.

SCOREBOOKS	Summary of Types of NAGWS Guides
BASKETBALL	Rules and Officiating (e.g., Synchronized Swimming)
VOLLEYBALL	Articles and Rules (e.g., Tennis, Flag Football-Speedball)
SOFTBALL	Articles only – Tips and Techniques Series (e.g., Aquatics, Basketball, Volleyball)
FIELD HOCKEY	Rules *only* (e.g., Skiing)

ARM SIGNALS FOR UMPIRES

BLOCKING — Place open hands on hips and move them to touch hips with in-and-out motion.

BODY CONTACT — Make a pushing motion with two arms out in front of body.

CHARGING — Place right hand behind head.

EMPTY CROSSE CHECK — Use right hand with clapping motion on the left hand. Clap and hold for a HELD CROSSE.

FREE POSITION — Indicate the direction with one arm raised horizontally toward goal of team in possession.

GOAL — Raise arms above head; then turn and point both arms horizontally toward center of field.

GOAL CIRCLE FOUL — Point to goal circle, then indicate direction of free position.

ILLEGAL BALL OUT THE BODY — Indicate by pointing to body part that touched the ball.

ILLEGAL CHECK ON THE BODY — Make a chopping motion with one hand on body part where contact was made.

NO GOAL — With arms extended toward the ground, swing them out and in so that they cross each other.

POSSESSION OF BALL ON OUT OF BOUNDS (See FREE POSITION)

PUSHING (See BODY CONTACT)

RE-DRAW — Place arms fully extended horizontally in front of body; begin with hands together and extend them up and out with a quick motion.

ROUGH CHECK — Use arm to make large chop motion against wrist of the opposite arm.

SUBSTITUTION — Make beckoning motion with one arm to entering player.

TEN-SECOND COUNT FOR SUBSTITUTION — Make a small chop motion with one arm for each second counted.

TIME IN — Place open hand above head with arm fully extended; then drop the arm in a chopping motion to start clock.

TIME OUT — Turn toward the timer and cross fully extended arms at wrist above the head.